88 - SCHOOL HEALTH: FACTORS ASSOCIATED WITH FORMATION OF BODY IMAGE IN ADOLESCENT

MÁRCIA DE PAULA SOUSA[1]; RICARDO CATUNDA[2]
1 - Programa de Pós-Graduação em Educação – PPGE/UECE, Fortaleza, Ceará, Brasil
2 - Universidade Estadual do Ceará – UECE, Fortaleza, Ceará, Brasil
marcinhaed.fisica@hotmail.com

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The Body Image in Adolescence

Today's society presents cultural characteristics where the standardization of behaviors, objects, and especially the body, take models as a source of identity, setting an aesthetic movement in which dominates the picture as a means of communication (Martins, Nunes, & Noronha, 2008) strongly influenced by the media in the spread of unreal bodies (Barbosa Matos, & Costa, 2011; Frois, Moreira, & Stengel, 2011).

In Brazil to have a body within the standards of beauty has become a concern especially for women (Oliveira & Hutz, 2010). This social behavior impacts everyone, particularly teenagers due to the characteristics of age who are going through a biological and emotional changes, anxiety conquest for autonomy and greater exposure to everyday risks (Kanauth & Gonçalves, 2006), all of which contribute to seek at all costs the body of culturally accepted standards away from the self-perception of her real body in search of the ideal body (Gardner, 2001; Silva Júnior & Silva, 2014).

These aspects affect the formation of body image, getting influence of factors like gender, age, socio-cultural environment, opinion of peers, family, media, social networks and human values (Alves Pinto, Alves, Mota & Leirós, 2009; Becker , Burwell, Herzog, Hamburg, & Gilman, 2002; Conti, Costa, Peres & Toral, 2009; Hargreaves & Tiggemann, 2004; McCabe & Ricciardelli, 2004).

The way the teen perceives his body is fundamental in shaping its identity (Murray, Rieger, & Byrne, 2013). Thus matter due attention to two concepts present in the development of adolescents: body image and self-esteem. Body image is the figuration of our body formed in the mind (Schilder, 1994). Recent settings for body image claim that this is the representation of the body that mentally we do with multidimensional feature and biopsicoculturais influences presenting the perceptual and attitudinal components (emotional and behavioral cognitive) that continuously establish, starting from positive values and usually associated with feelings and behaviors healthy (eg the exercise, body care, stable social relationships and self-esteem) for negative values associated with other conditions such as depression and obesity (Gonçalves, Campana & Tavares, 2012).

Body image can be conceptualized as a multidimensional construct that is how individuals think, feel and behave about their physical attributes (Banfield & McCabe, 2002; McCabe & Ricciardelli, 2004; McKay-Parks & Read, 1997; Muth & Cash, 1997; Thompson, 1990), is modifiable reflecting desires, attitudes and interaction with others (Murray, Rieger, & Byrne, 2013) and constitutes the figuration of the formed body itself and structured in mind (Smolak, 2004). About body image of teenagers, this confronts the idealized body and the more the body to distance the most real is the possibility of conflict, undermining their self-esteem (Chipkevitch, 1987; Clay, Vignoles, & Dittmar, 2005; Davison & McCabe , 2006). Self-esteem is an indicator of mental well-being, and the set of attitudes and ideas that each person has about themselves. It is dynamic and shows oscillations revealing the social, emotional and psycho-physiological events (Algars et al, 2009;. & Stobäus Mosquera, 2006).

Referring to adolescence, it is necessary to pay particular attention to aspects related to physical, psychological, socio-cultural environment and media as influencers of socially established relationships (Frois, Moreira, & Stengel, 2011), which materializes the necessary experience for a harmonious growth and establishing linkages. These contexts, now experienced with the requirements of the consumer society, make the body a product to be conquered, and the younger the growing desire to introduce ourselves in attractive patterns where the first condition is the thinness (Schneider, et al ., 2013), which the characteristics of the lifestyles of teenagers with a predominance of high calorie consumption and declining participation in physical activities (Currie et al 2009, 2010;. Finne, Bucksch, Lampert, & Kolip, 2011; Angels & Mendonça, 2004; WHO, 2011) is not credible occur.

Thereby being physical appearance is an obvious concern in adolescents, the consequences of behaviors that can lead to obesity (recognized predictor of body dissatisfaction) will cause imbalance in the formation of young people (Blond, 2008; Daniels et al, 2006;. Dilek et al ., 2007; Smolak, 2012). On obesity in Brazil, recent data show an increase, and that overweight affects more than 30% of children between 5 and 9 years of age, about 20% of the population between 10 and 19 years, 48% of women and 50, 1% of men over 20 years. Maintained the pace of growth, we will have in ten years 30% of the obese population constituting serious public health problem (IBGE, 2013).

The distance culturally idealized body affects the social dynamics in that the search for the framework on standards does not recognize boundaries, and such motivation exercised without due recognition of the diversity of physical constitutions that are present in the population, as well as the risks to physical health and psychological people. Body image is the main triggering factor for eating disorders (Keery, Van den Berg, & Thompson, 2004; Neumark-Sztainer et al, 2006; Stice & Shaw, 2002) anorexia nervosa, bulimia, obesity, pictures of muscle dysmorphia, surgery aesthetic and prosthetic, and a number of practical changes in the image, such as piercings and tattoos (Ribeiro & Oliveira, 2011).

It is in this context of health risks, the teenager imposes itself, condition fit within the standards established socially, from the perspective of not being excluded by the ownership group, which tends to generate a body dissatisfaction, and cause changes in body image perception (Beling et al, 2012;. Conti et al., 2009).

The search for positive body image is a relevant phenomenon in recent decades, with the thinness associated with the feminine image of success and sexual attractiveness (Oliveira & Hutz, 2010), bringing health risks by unattainable role models for most, causing stress , anxiety and dissatisfaction with weight and body shape (Andrist, 2003; Ferriani, Dias, Silva & Martins, 2005; Slater & Tiggemann, 2006; Smolak, 2012).

Dissatisfaction with body image is present more acute in females (Eisenberg, Neumark-Sztainer, & Paxton, 2006; Narring et al., 2004; Toni et al, 2012.). This maxim is bolsters the concepts and ingrained cultural customs on the woman's body, which favors the development of a negative self-image by the inability to achieve the proposed ideal.

Studies by various authors (eg, Campana & Tavares, 2009; Dohnt & Tiggemann, 2006; Shilder, 1999; Turtelli, Tavares, & Duarte, 2002) have shown that in recent years there has been a concern of both the scientific community, as different social segments on the dissatisfaction of the people with his own body. Dissatisfaction with body carries negative feelings and

thoughts about the appearance, influencing emotional well-being and quality of life especially in adolescent girls (Toni et al., 2012) boosted by low parental support (Gerner & Wilson, 2005). On the other hand, there is consensus that the body satisfaction translates as the affective component of body image that allows adequate emotional and social performance of the individual in society (Del Ciampo & Del Ciampo, 2010). The body satisfaction and self-awareness are key factors in self-acceptance of people and can generate attitudes that interfere with your social life, including symptoms of depression (Paxton, Neumark-Sztainer, Hannan, & Eisenberg, 2006).

The quest for lean body defined and athletic forms considered ideal had its beginning in the 1960s, which is the established standard of beauty. People who did not fit the standard for that model were depreciated on body image, aggravated the difficulties in social and emotional interactions (McCabe & Ricciardelli, 2004). Achieving the ideal of beauty was the goal to be pursued by women, who used restrictive diets, attending fitness centers for holding excessive exercise and were undergoing plastic surgery, dependent becoming good way to maintain the youthfulness (Algars, et al, 2009;. & Chisuwa O'Dea, 2010; Santos, 2007).

The body of Brazilian women that was characterized by wide hips, thighs and prominent buttocks and relatively small breasts (Finger, 2003; Rohter 2007) in the 1990s presents a new model based on the ideal of thinness, plus silicone breast implants displayed by models and celebrities, making this attribute object of desire (Edmonds, 2007) including among adolescents. Research conducted in 2013 by the Brazilian Society of Plastic Surgery reported that were performed 23 million surgical and nonsurgical cosmetic procedures in the world, with a predominance of women who had more than 20 million procedures 87.2% of the total. For the first time Brazil surpassed the United States and ranks first when it comes to surgical procedures, the most frequent procedures breast augmentation (1,773,584 procedures) and liposuction (1,614,031 procedures). Brazil accounted for 12.9%, US 12.5%, Mexico 4.2% Germany 3% and Colombia 2.5% of surgical procedures. These changes influence the formation of the body image of adolescents who are in training and are pressured to have a body in socially acceptable standard.

Teen girls often have concerns about weight, appearance and diets. The family, close friends and peers (friends and romantic) exert pressure so that young people are lean, causing the internalization of thinness as beauty standard, which is another feature that promotes dissatisfaction with body image of female adolescents (Cash & Fleming, 2004; McKinley & Randa, 2005; Ortiz, Fast, Solis, Montano, & Esparza, 2010), enhanced by cultural changes that make body parts prized in certain periods of history, which contributes to that currently near all the teenagers, show willingness to change something in the body that are not satisfied (Weinberg, 2001).

Attention is drawn to the fact that dietary restriction to be thin even occur without body dissatisfaction caused by social approval (Stice, 2002). These aspects related to weight and appearance supporting the literature which suggests not be body dissatisfaction a developmental period, but a complex problem that remains in the passage from adolescence to young adulthood, requiring continuous interventions (Bucchianeri et al., 2013) since the body dissatisfaction is associated with weight gain, as well as positive body image is associated with healthy behaviors that contribute to the defense against BMI increase (van den Berg & Neumark-Sztainer, 2007), good perception health, sense of competence and an active lifestyle (Marques et al., 2009).

In this sense, understand the relationship between physical fitness levels with the self-perception of body image, should be cause for attention, social setting guided by inativismo obesity and sedentary behavior patterns.

Body Image and Fitness Levels Related Physical

Physical fitness is the ability to perform physical exertion in daily tasks without the quick onset of fatigue (Guedes et al., 2012). Adequate levels of physical fitness are known to produce positive effects in relation to health, it is possible to relate them to the prevention of cardiovascular disease, obesity, diabetes and osteoporosis (Singh, Paw, Brug and Van Mechelen, 2007; Vainionpaa, et al. , 2007) and that, by engaging driving force is able to positively influence the prevention of noncommunicable diseases resulting from sedentary lifestyle (Gaya & Silva, 2007; snore, Cyrino, & Mortatti, 2010). The development of physical fitness also contributes to the expansion of knowledge of the body to recognize limits and specific and can help build positive self-esteem, efficacy and self-perception are important factors for the structuring of body image (McAuley, Mihalko & Bane, 1995, 1997). Also, if a living for an active lifestyle and healthy model is maintained, fosters interest in these behaviors throughout life (Foss & Keteyian, 2000).

Adolescence is a critical phase for concern with weight, deserving attention from parents and sectors responsible for education and health as being obesity considered epidemic both in developing countries as developed and appearance predisposing to body dissatisfaction, obesity may increase dissatisfaction with body image (Dilek et al, 2007;. Kimm & Obarzanek, 2002;. Marchi-Alves et al, 2011), allying inactivity and low levels of physical fitness, including aerobic fitness (Schubert, Gennaro, Casonatto, & Son, 2013).

With the increasing sedentary lifestyle and decreased physical activity rates among schoolchildren, physical fitness has become a concern for health professionals (Cleland, Dwyer, Blizzard, & Venn, 2008; Mojica, Poveda, Pinilla, & Lobelo , 2008) should especially be considered Physical Education. When we relate these aspects to the formation of body patterns among young people, we refer the conflict between the power of the media in propagating ideals of beauty hard to reach for most adolescents and the increasing improvement of the food industry in offering affordable products high energy, contributing to the advancement of obesity and consequent dissatisfaction with body image (Sisson & Katzmarzyk, 2008).

Against the backdrop that features a lower share of younger people in physical and sports activities, adherence to these practices would make them less exposed to diseases from harmful habits to health, incorporating behaviors favorable for an active and healthy lifestyle.

Body image and Participation in Physical Activity and Sports

The physical and sports activities are manifestations built by mankind and that integrate diverse social practices, including physical education as a curriculum subject, which is responsible for entering and pedagogically based on human values, children and adolescents in this socio-cultural universe.

Participation in physical, sports and functional daily activities in adolescence, requires the development of an engine collection built from childhood (Pelegrini, Silva, & Petroski, 2011), which is phase sensitive to changes in behavior (Guedes, 2007). These practices have been associated with numerous physical benefits, such as reducing chronic diseases (Warburton, Nicol, & Bredin, 2006) and psychological benefits (Biddle, 2000; Paxton, Neumark-Sztainer, Hannan and Eisenberg, 2006) including self-esteem and depressive mood (Mond, Van den Berg, Boutelle, Hannan & Neumark-Sztainer, 2011).

The sense of physical competence has been associated with positive feelings related to the body, being physically active people more satisfied with their bodies than inactive (Campbell & Hausenblas, 2009; Greenleaf, Boyer, & Petrie, 2009). To acquire this capability adolescents have increasingly sought to settings such as gyms, which are identified socially with loss and weight gain and muscle definition, being motivated to join by the changes in appearance and not by the physical function of

exercise (Bree, Abbott, Bonnie, & Barber, 2011).

Research has shown that adherence to physical activities by adolescents is punishable behaviors and unfavorable feelings about the appearance, since the least active girls reported as an impediment ashamed of the body and are not comfortable facing the unknown persons, including boys, because they perceive is judged either by body shape, clothing or inability in practice of the activities, while the most active reported less impairment (Knowles, Niven, & Fawkner, 2011; Slater & Tiggemann, 2010; Yungblut, Schinke, & McGannon, 2012).

Concerns the fact that teenagers seeking physical activity the esthetic experience high levels of body dissatisfaction and high rates of withdrawal from activities, the environment of the fact that gyms offer dissatisfaction-enhancing situations (mirrors where you see the whole body and images skinny female bodies and well defined) beyond the ideal of beauty pursued unattainable for most discouraging and generating dissatisfaction with body image (Craike, Symons, & Zimmerman, 2009; Prichard & Tiggemann, 2008; Slater & Tiggemann, 2006) not relating to health physical activity (Tiggemann & Williamson, 2000).

As regards the relationship of the participation of adolescents in physical activities and sports with body image, a theory that can investigate some issues is that of self-objectification process, characterized by monitoring the external appearance, presenting as first experience to be looked at as an object to be evaluated for each other, generating the internalization of this observer in their own bodies (Fredrickson & Roberts, 1997), being found associations between shame and surveillance of the body and eating disorders in adolescents (Fredrickson & Harrison, 2005; Slater & Tiggemann , 2012).

In this context, the present state of research that demonstrated various experiments involving teenagers. A study by Slater and Tiggemann, (2011) examined the relationship between the area of physical activity and participation in organized sports and body image. The authors identified a lower participation of girls relative to boys, and that pairs of the provocations on the body causing embarrassment and concerns about body image may help reduce the levels of participation in physical and sports activities for adolescent girls.

These lower rates of participation for girls is worrying in view of the benefits already known. However, in this study, it was reported that more girls than boys participated in other activities, and the gyms space where girls showed higher levels of shame of the body and eating disorders than girls who did not exercise in academies. These implications bring harm to the education of adolescents, as being the sporting environment practice conducive to the development of aspects such as self-discipline, cooperation, act ethically in adversity and success, leadership and self-confidence, promotes healthy competition, a positive self-esteem and improvement in self-confidence (Stryer, Toffler, & Lapchick, 1998).

Other research, conducted by Prichard and Tiggemann (2012) had resulted in a greater sense of self-objectification in young women who attended for 12 months a fitness center compared women who did not attend, suggesting that young women who exercise in Academy environment may have an increased risk of self-objectification, which is one of the predictors of dissatisfaction with body image and eating disorders.

Bree and Abbott (2011), in a study of Australian teenagers found that physically active girls did not associate the practice of sports activities the body's functionality, but the athletic form, sense of competence and positive body image. The most common type of reported activity was going to the gym, a fact justified by need not be a member of clubs or athletic associations. The focus remained aimed at improving appearance.

A study in adolescent girls of low income African, Latin American and analyzed the relevance of self-objectification and self-monitoring in body dissatisfaction and self-esteem. It was found BMI, ethnicity and perceived athletic competence as moderators of this relationship. Higher levels of self-monitoring associated with low self-esteem found. Among the african-American adolescents with BMI, self-objectification was associated with a lower body dissatisfaction and among Latino teens where the perceived athletic competence was higher, the higher self-objectification was associated with a low self-esteem. The results of this study indicated that self-objectification and self-monitoring are all experienced by low-income adolescents and adolescents from ethnic minorities, and found increased incidence throughout the transition to adolescence (Burdette, 2014).

We note that the search of the known benefits for the functional issue or health promotion, seems to be the ultimate goal of teens seeking the practice of physical activities and sports, and yes, reasons related to concerns about weight and dissatisfaction with appearance , aiming for a lean, athletic body on standards acceptable consonants to the ideals of media and attractiveness (Tiggemann & Williamson, 2000).

Conclusion and Recommendations

Our intention was to present the body image as a wrapped construct in different elements and variables that influence it, being noticeable that there is a problem that can have serious consequences for the training of adolescents, affecting the health, social relationships and the adoption of habits healthy and long-lasting physical activity and sport practices.

In this context, given its characteristics as a curriculum discipline whose object of study the body in purposeful movement, we recommend to teachers, managers and politicians who recognize the physical education classes, a space that offers full conditions through its practices, to contribute to the development of intervention programs for the training of body image, primarily in adolescents considered inactive, low social status and enrolled in public institutions with low education index (Schneider et al., 2013).

That teachers devote more time school student learning over the excess time spent on education and organization with a view to expansion of positive practical experience, to be able to develop the skills and motor skills, without neglecting the knowledge of the benefits and the importance of continuous practice of physical and sports activities through

out life through pleasurable experiences and active methodologies.

Finally, the managers of education know and understand the educational potential of physical education disconnecting the common sense as well as his personal experiences and "old" in school benches. It needs to sustain the development of school physical education for the benefit of students, providing conditions for teachers, for planning and fulfillment of goals and learning expectations.

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SCHOOL HEALTH: FACTORS ASSOCIATED WITH FORMATION OF BODY IMAGE IN ADOLESCENT

ABSTRACT

This article deals with the survey of the literature on body image and their constructs. We aimed to present the body image as a wrapped construct in different elements and variables that influence it, being noticeable that there is a problem that can have serious consequences for the training of adolescents, affecting the health, social relationships and the adoption of habits healthy and long-lasting physical activity and sport practices. The distance culturally idealized body affects the social dynamics in that the search for the framework on standards does not recognize boundaries, and such motivation exercised without due recognition of the diversity of physical constitutions that are present in the population, as well as the risks to physical health and psychological people. In this sense, understand the relationship between physical fitness levels with the self-perception of body image, should be cause for attention, social setting guided by inativismo obesity and sedentary behavior patterns. The analyzed studies showed theoretical support able to substantiate new research, highlighting the importance of programs developed in school.

KEYWORDS: Body image. Adolescence. Health at school.

SANTÉ SCOLAIRE: FACTEURS ASSOCIÉS AVEC LA FORMATION D'IMAGE DU CORPS DANS L'ADOLESCENT

RÉSUMÉ

Cet article traite de l'étude de la littérature sur l'image du corps et de leurs constructions. Nous avons cherché à présenter l'image du corps comme une construction enveloppé dans différents éléments et les variables qui l'influencent, étant notable qu'il ya un problème qui peut avoir de graves conséquences pour la formation des adolescents, affectant la santé, les relations sociales et l'adoption d'habitudes des pratiques saines et durables activité physique et sportive. La distance corps idéalisé culturellement affecte les dynamiques sociales en ce que la recherche de la cadre sur les normes ne reconnaît pas les frontières, et une telle motivation exercé sans la reconnaissance de la diversité des constitutions physiques qui sont présents dans la population, ainsi que les risques pour la santé physique et les gens psychologiques. En ce sens, comprendre la relation entre les niveaux de condition physique avec l'auto-perception de l'image corporelle, devrait être un motif pour l'attention, cadre social guidé par inativismo obésité et les comportements sédentaires. Les études analysées ont montré un soutien théorique en mesure de justifier de nouvelles recherches, soulignant l'importance des programmes développés à l'école.

MOTS - CLÉS: l'image corporelle. Adolescence. Santé à l'école.

ESCUELA DE SALUD: LOS FACTORES ASOCIADOS CON LA FORMACIÓN DE LA IMAGEN CORPORAL ADOLESCENTE

RESUMEN

En este artículo se aborda el estudio de la literatura de la imagen corporal y sus construcciones en. El objetivo fue presentar la imagen del cuerpo como una construcción envuelta en diferentes elementos y variables que influyen en ella, siendo notorio que hay un problema que puede tener consecuencias graves para la formación de los adolescentes, que afecta a la salud, las relaciones sociales y la adopción de hábitos prácticas saludables y duraderas de la actividad física y del deporte. El cuerpo culturalmente idealizada distancia afecta la dinámica social en que la búsqueda de la estructura sobre los estándares no reconoce fronteras, y esa motivación ejercido sin el debido reconocimiento de la diversidad de las constituciones físicas que están presentes en la población, así como los riesgos para la salud física y personas psicológicos. En este sentido, entender la relación entre los niveles de aptitud física con la autopercepción de la imagen corporal, debe ser motivo de atención, entorno social guiada por la obesidad inativismo y patrones de conducta sedentaria. Los estudios analizados mostraron apoyo teórico

capaz de fundamentar una nueva investigación, destacando la importancia de los programas desarrollados en la escuela.

PALABRAS - CLAVE: imagen corporal. Adolescencia. Salud en la escuela.

SAÚDE DE ESCOLARES: FATORES ASSOCIADOS À FORMAÇÃO DA IMAGEM CORPORAL NA ADOLESCÊNCIA

RESUMO

Este artigo versa sobre o levantamento da literatura pertinente a imagem corporal e seus constructos. Teve como objetivo apresentar a imagem corporal como um construto envolto nos diversos elementos e variáveis que a influenciam, sendo perceptível a existência de um problema que poderá gerar sérias consequências para a formação das adolescentes, comprometendo a saúde, as relações sociais e a adoção de hábitos saudáveis e duradouros de práticas de atividade física e esportiva. O distanciamento do corpo idealizado culturalmente afeta a dinâmica social na medida em que a busca pelo enquadramento nos padrões não reconhece limites, sendo tal motivação exercida sem o devido reconhecimento da diversidade das constituições físicas que estão presentes na população, bem como dos riscos à saúde física e psicológica das pessoas. Nesse sentido, compreender a relação dos níveis de aptidão física com a autopercepção da imagem corporal, deve ser motivo de atenção, pela configuração social pautada pelo inativismo e obesidade em padrões sedentários de comportamento. Os estudos analisados apresentaram suporte teórico capazes de consubstanciar novas pesquisas, evidenciando a importância de programas desenvolvidos na escola.

PALAVRAS – CHAVE: Imagem corporal. Adolescência. Saúde na escola.