

**81 - A STUDY ON THE BODY PERCEPTION IN PRACTICIAN PHYSICAL EXERCISES OF THE GYMS OF CONSTANTINA - RS**PRICILA PASINI<sup>1</sup>;PATRICIA CARLESSO MARCELINO<sup>2</sup>

Universidade Luterana do Brasil – Campus Carazinho, RS, Brasil.

<sup>1</sup> Aluna do curso de Educação Física Bacharelado ULBRA Carazinho.<sup>2</sup> Mestre em Educação (UPF), Coordenadora do curso de Educação Física ULBRA Carazinho.

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[pricilapasini@hotmail.com](mailto:pricilapasini@hotmail.com)**1. INTRODUCTION**

The interest in the body and its relations with the society already came for a long time. According to Siebert (1995) and Rosario (2004) apud Paim&Stey (2004), the body in ancient Greece, was seen as an element of glorification and interest of the state. The body was valued by their athletic capacity, their health and fertility. Since then we can monitor a whole trajectory of evolution of society's attention with respect to the body, in some moments, the exalting and in others the neglecting, depending on the historical stage and culture to be checked.

The aim of this study was contextualize the body in our contemporary society and check the body perception of practicing physical exercises of the gyms of Constantina-RS, with the intention of discovering on their precepts and meanings and or if there are distortions in relation to body image of the interviewed. Also if attempts to find evidence of positive effects of physical activity on the quality of life of individuals. For that it was necessary a theoretical foundation and deepening in some concepts, making it more clear understanding of the obtained results.

**2. A VISION OF THE BODY ACTUALLY**

Currently the thought that has spread among our society is that "The body in shape it presents itself as a personal success, to which men and women can aspire." (PAIM; STREY, 2004, p. 4). Based on this assumption, we can notice that great efforts have been made to this ideal body is reached, and thus, be more well accepted by society. The authors tell us about this phenomenon in the following quote "To Goldenberg & Ramos (2002), the rules of the current exposure of the bodies appear to be fundamentally aesthetic, being that, to achieve the ideal way and expose the body without constraints, it is necessary to invest in the power of will and self-discipline. ... Individuals make almost everything to keep your body inside of the models constituted and dominant, as points Rosary (2004), opens space for an industry of body; the physical matter needs to enter into a production line." (PAIM; STREY, 2004, p. 3).

According to Marasca (2005) contemporary there is a diversity of approaches in relation to aesthetic reasons. Beneath this point of view, the values of beauty are culturally and individually constructed and reconstructed. In line with this observation Feijó (1992, p. 66) apud Novaes (2001) says that "the sense of beauty is a universal trait of human nature. It is found in all peoples and all cultures, all the epoch".

In this search for aesthetic and all the ways to achieve it, we can see the creation of institutions and specialized spaces on it. Example of these environments are the gyms, about which we read "Da Costa (1996) apud Novaes (2001) says that these have emerged in the 1930s, and around 1970 gained a new dimension and social role with the growth of fitness movement throughout the world". Another factor that leads to great influence on individuals and, consequently, on their bodies is the influence of the media. The authors talk about this in the following passage "The media, in accordance with Goldemberg & Ramos (2002) apud Paim & Strey et (2004) presents the body as object to be rebuilt, is in its contours or in its gender.<sup>1</sup> Student Physical Education Bachelor ULBRA Carazinho.

<sup>2</sup> Master in Education (UPF), Coordinator of the Physical Education course ULBRA Carazinho, guiding professor.

Through mechanisms of incorporation of body stereotypes, the body becomes a virtual surface, a land where are cultivated the sexual and social identities. Saturated with stereotypes, he appears as an unfinished painting and becomes image of the body, thus becomes an object of autoplasty." (PAIM; STREY, 2004, p. 5)

From review and reflection of this category, the author proposes yet another the abstract representation of concrete body. In it, the desires, dreams, the imaginary, the guiding values are abstract representations that the body, while concrete, pursues in physical activities. Lovisolo (1997) demonstrates its position when it analyzes the value that is given to the aesthetics of the bodies, placing it as an imperative in cultural sports practices, declaring it as "a powerful passport social movement, in the field of work, the sociability and sexuality", and even "a powerful vector constitutive of new relations of the body".

In spite of all this media appeal, there are still those who pursue the objectives to achieve lasting health, assimilating the aesthetic concept directly the concept of full health "therefore the aesthetic-health proposed make us imagine that there weren't a separate aesthetic health today: corporal aesthetics it will also depend on the perfect balance of bodily functions, the total health of the individual". (NOVAES, 2001, p. 35)

However, for many, the health still represents "as harmony between the body and the mind, developed and well maintained". For Lovisolo (1994, p. 2). 10) apud Novaes (2001), the importance of physical activity in favor of health is linked to "hope of life, to the maintenance of physical form, the body activity aimed to aestheticizing the body". These quotes indicate a clear and strong interaction between aesthetics and health, at the same time, it is clear that there is no just a vision of ideal body in current reality, and each individual can choose the philosophy to guide their choices.

**3. CORPOREITY: EMOTIONAL RELATIONSHIP WITH THE BODY**

In the search for more depth knowledge about the body in all its dimensions, it is important the definition of corporeity. As initial definition, we will use the words of Santin which defines it as follows "Corporeality would be any organization, whether material, cultural. Thus, it is possible to talk about a social corporeality, doctrinal, legal, professional, etc. From my point of view the sense of corporeality should be confused with the sense of body, this because Maurice Merleau-Ponty, the philosopher who for the first time identified the man as body, not concentrates its reflection on the corporeality, but on the body. In his work, we are always a concern with the body, an existential reality and human, and not with the corporeality, while abstract concept. It is thus, corporeality is what constitutes a body, and what is, and each body is unite, individual and inalienable. Each one, therefore, is its corporeality." (SANTIN, 2005, p. 17). 104).

In addition to the corporeality, still there are the concepts of Body Scheme, Body Image and Body Awareness that show the great variety of terminologies that were created from the studies on the phenomenon of organization of the concept of body. For Melo (2005), these terms "pass through neurological approach, arising the expression Body Scheme; psychoanalytic approach, focusing on studies of Body Image and the phenomenological approach, which generates reflections on Body

Awareness." (MELO, 2005, p. 17). 174). We also find references on the self-concept, that the traditional view, it is sustained by intercultural research. Walkins & Dhawavan (1986) apud Samulski (2002) suggests that the "self-concept, conventionally, refers to all aspects of the knowledge concerned that the individual is, and it self-esteem refers more specifically to the assessment of self-concept".

Tavares (2004) refers to a phenomenon in his work to say that, based on the way we see ourselves as a whole, is that we will guide our choices and actions and how the opposite happens. We check the text for the following to better understanding "Our body image thus structured initially mark the direction of our actions. Our decisions are taken from what we believe that we are. The body image directs our actions outlining our perceptual field. But we are not passive agents in this process. Starting from our memory, reasoning, and language, can expand our consciousness and, deliberately, change our lives. ... Our movements, actions and relationships reflect, continuously, on the one hand our wishes and on the other hand, the demands of the external world, which to survive, we are obliged to adequate ourselves."

Tavares continues his speech by saying that "In the process of living, many times the individual is sacrificed in its essence, massified and reduced it to a useful or useless to the system. Moreover, as our images, our perceptions are also unique. They represent much more units of synthesis of existential moments than a register unit brain.[...] All the time we are having new insights from contact with the outside world and our images. In addition, at every moment we are modifying our images based on our perceptions that reflect our movements. Think of perception, in this perspective, leads us to a vision of body framed in a continuous flow of perceptual and motor experiences". (TAVARES, 2004, p. 91, 92)

From this report, we can realize the importance of self-perception in our choices. Tavares (2004), says that, "Extending these reflections, we can view the body image and the Quality of Life in a multidimensional plan network: everything connects to everything, every part of the whole is also essential and the whole is not the sum of the parts". (TAVARES, 2004, p.93). In this way, "thinking about body image as the axis of reflection on the subjective aspects that involve the Quality of Life question extends our vision complains about the simplistic reasoning of subjectivity as static element and intangible." (TAVARES, 2004, p. 99).

#### 4. QUALITY OF LIFE x WELFARE

When talking about quality of life and well-being, many factors emerge as relevant and several authors seek a definition that can cover all of these items. For Goncalves & Vilarta (2002), "The Quality of Life is related to a set of material conditions and non-material desired and carried out by individuals from the same community or society, such as the principles of human rights, social development and personal achievement". (GONCALVES; VILARTA, 2002, p. 29)

Rodent (2003) refers to the definition of relevant Alonso (1994) which says that the quality of life is directly influenced by the environment, which is understood as a set of social relations, biological, cultural, economic, religious, political and ecological, that form a context that interacts with the human being where, from this interaction (human being and environment), both can be modified or transformed. Although there is a wide variety of perceptions on the quality of life, were obtained three fundamental aspects related to this construct through a group of scholars from different cultures. According to Rodent (2003), they are "subjectivity, the multidimensionality and the presence of positive and negative dimensions. This way, the LQ is considered as the perception of the individual of their position in life in the context of cultural values, respecting their expectations, standards and concerns (WHOQOL GROUP, 200)". (RODENT, 2003, p. 36)

Goncalves & Vilarta (2002), give their contribution in subject detailing in his work, the other factors, called by them in Domains that influence in some way on the quality of life of the individual. They are organized as follows: "I- Functional domains - Physical Function: aerobic performance, strength, muscular resistance, balance, flexibility, ability to perform physical tasks, such as walking, climbing stairs, stooping, lifting heavy loads, run and perform manual tasks. - Cognitive Function: memory, attention, concentration, understanding and ability to solve problems. - Involvement with the Activities of Daily Living: implementation of basic activities of daily living, performance in relations and social obligations, social involvement and community, leisure activities and recreation. - Assessment of Objective Health: data on health. II- Welfare domains – Body welfare: sensation on the symptoms and the condition of bodily health, presence of pain, disease, energy/fatigue and sleep disorders. - Emotional wellbeing: negative feelings and positive such as depression, anxiety, anger/irritability and affection. - Self-concept: positive or negative perception about itself, self-esteem and feeling of field or control. - Global Perception of Well-being: general feelings about health, health evolution satisfaction with life and distance between idealized expectations and the reality of life." (GONCALVES; VILARTA, 2002, p. 42).

Despite these definitions quite techniques, we chose as conclusion and better definition, the citation of Milanezi & Greek (2004), who emphasize the following point, "independently of nation, culture, epoch, it is important that people feel comfortable in psychological terms, possess good physical conditions and feel socially integrated and functionally competent". Thus, health, corporeality, and socialization, lastly, all areas must converge to this point, enhancing the positive quality of life.

#### 5. METHODOLOGY OF STUDY

This study is characterized by a fieldwork of qualitative type, having as objective to verify the assessment of body image in gym regular students of Constantina-RS., in which it was applied the test set of silhouettes proposed for assessment of body image, adapted by Stunkard, A. J et al. (1983). This assessment is made up by the representation of nine silhouettes that evolve progressively since the thinness until the severe obesity, as observed in Figure 1.

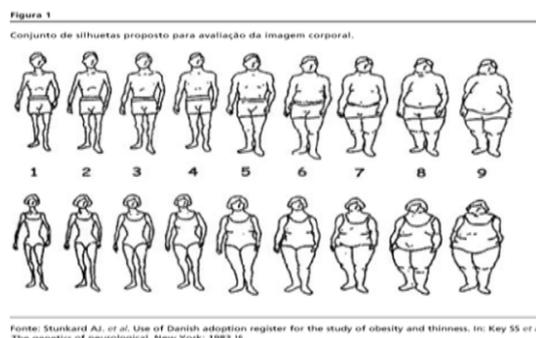


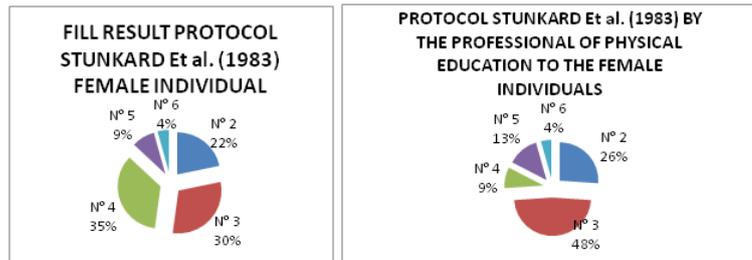
Figure 1: Group of silhouettes proposed to the evaluations of the body image.

According to Pereira et al (2009), the Protocol of Stunkard, A. J et al. (1983), can be used with different purposes of assessment. In this study, we attempted to analyze the self-image of individuals in parallel to their satisfaction with the same. For this, each participant of the survey assessed the silhouettes and concerned, choosing to identify with his own body. Initially was requested authorization to the owners of the gyms of Constantina-RS to the implementation of the protocols. After the authorization has been requested authorization to the participants, followed by the reading of the free consent term and informed and the premise that make up the resolution of CNS 196/96. After the informed consent, each participant chose the silhouette more similar to which composes and designate its current body image. In a second time, the professional of Physical Education performed the same procedure, designated the current body image of each student. After the completion of the protocol, each individual answered the following question: "How do you feel in relation to your body?". After this analysis were checked all tests, compared and tabulated, showing the final result of this study.

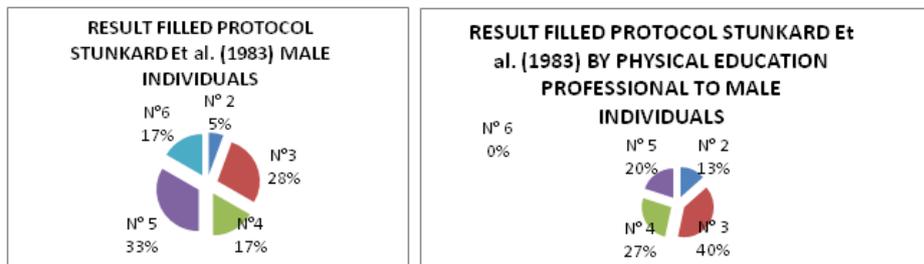
The population of this study was composed of those attendance gyms and fitness of city of Constantina-RS. To participate in this study were chosen as inclusion criterion be assiduous attendance of the gyms of Constantina-RS at least six months, independent of sex or age. The sample was composed of forty one individuals, of both genders, being: eighteen male subjects with ages between fourteen and fifty-two years old, and, twenty-three individuals were female, with ages between fourteen and fifty six years old.

**6. ANALYSIS AND DISCUSSION OF THE RESULTS**

The determination of research carried out by the participants revealed the following results. In pubic female, only 4% of survey participants are perceived as the silhouette no. 6, and 9% with the silhouette no. 5, representing a minority of the interviewed public. Still on the same graph we can see that 35% of women interviewed perceive better represented by silhouette no. 4 and 30% better represented by silhouette no. 3 and thus the majority of individuals. In the remaining 20% of the interviewed perceived themselves best represented by silhouette no. 2. Comparing the chart in Figure 2, we can see that the public represented by silhouette of no. 5 passes 9% to 13% when observed by the evaluator. On the graph, representing the individuals who are with greater similarity in silhouette of no. 4 are 9% of the public interviewed, contrasting with the self-body image of individuals that, in Figure 2, is represented as 35% of the population surveyed. The silhouette of no. 3 in the graph of Figure 4 is represented by 48% of the interviewed women, thus representing the majority, while this same silhouette is chosen by only 30% of this same public when referring to auto body perception. Already the portion that represents 26 % of the population, similar to silhouette of no. 2, in Figure 4, shows little variation with the auto body perception represented in Figure 2 with 22% of the population identifying themselves with the same silhouette.

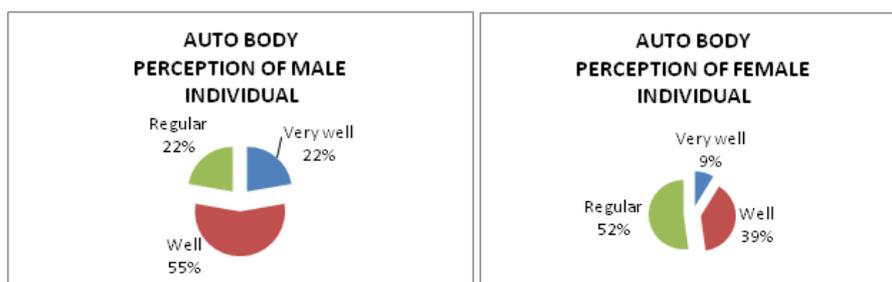


For the male audience, we can see from the chart, represented 17% of the individuals that perceive themselves more similar the silhouette of no. 6 as well as other 17% who perceived more similar to silhouette of n°.4. The most expressive part of the graph represents 33% of the individuals interviewed that better identify with the silhouette of no. 5 and is followed by 28% of this population that best identified with the silhouette of n°.3. Only 5% of the men interviewed were identified with the silhouette of no. 2. Comparing with the perception obtained by professional Physical Education, we can see from the chart that the population it fits as similar to silhouette n°. 5 suffers an increase in relation to Figure 3, going from 33% to only 20% in accordance with the of the professional assessment. While the portion on the silhouette n. 4° goes from 17% to 27%, the individuals best represented by silhouette of n°. 3, that in figure 3 represented only 28% of the study participants, according to the evaluation of professional now represent 40% of the population. The portion that represents the individuals framed silhouette of n°. 2 also suffered significant increase from 5% to 13%.



Although the distortion as the body image of the participants has not been significant, the majority scored a silhouette next to yours we can see that there is this distortion. Tavares (2004) explains this fact as follows "the object in focus of our mental representation is the body. [...] The essence of the character constantly changing of the Body Image this in the dynamism of the organization of the l corporal. The perceptions operate continuously, the body becomes so incessant and the image of this object (the body) is especially different all the time." (TAVARES, 2004, p. 90).

For Melo (2005) "come on scene trials of values that makes us even, as a result of the affective personal relationship, and, especially of social relations. Reinforcing this idea Cash and Pruzinsky (200, p. 62) emphasize that "the body image is the way people perceive themselves and it is also important to how they think others see. It is significantly influenced and shaped by circumstances of life'. Assigns to this understanding the fact that the body image be socially determined by the values and standards of body that the society recommends." (MELO, 2005, p. 17). 174, 175). After the completion of the protocol, each individual answered the following question: "how do you feel in relation to your body? "



The alternatives offered as answers to this question to the participants were respectively: Very Well, Well, Regular, Bad, I don't accept myself.

We can see from the chart, in the portion represented by the color green that 22% of male participants feel in regular situation in relation to his own body, while the same portion for the other 22% of participants, represented in the portion blue, feel very well with the body itself. However, the majority of male participants feel well among themselves, and represent 56% of the surveyed population, represented in the graph by portion red. Comparing with the graph for the female public, we can see from the chart that only 9% of the population, represented by portion blue, feel very well in relation to their own body. In the red portion, we observed the study participants who feel good about their own bodies, and represent 39%. The majority of the responses, being 52% in green portion, refers to participants who feel in regular situation with the own body.

We noticed clearly observing and comparing the graphs relating to the application of the Protocol of Stunkard, that men even though and realizing in silhouettes stronger, feel more satisfied with the own body than women, even these being closer to the standards of beauty and present health. When the author mentions that "Each society prints, the physical body, certain transformations, by means of which the cultural forms and inscribe and print about the biological aspect." (PAIM; STREY ET, 2004, p. 4), this phenomenon begins to be understood as we meditate on the fact that reported afterwards by the same, that tells us "The cult of the body is one of the most striking characteristics of contemporary society [...], the body becomes the object of consumption, where substantial investments do people be in constant search for the ideal image. The women in the course of history are identified as more susceptible to social imposition by ideal standard of beauty, many resulting in distortion of body image and eating disorders." (PAIM; STREY ET, 2004, p 1).

We should take into account that even if not being all of the survey participants within the standard of beauty dictated by these symbols, are all with a vision at least regulate themselves. Such fact can have a direct relation with the benefits generated through the regular practice of physical exercise, since all the participants in the research are regular attendees of the gyms included in the search. Milanezi and Grego (2004), confirm some of these benefits in their work, reporting that "According Gisellini (1996) apud Milanezi; Grego (2004), recent research has given significant importance to the regular practice of physical activity as a means of fighting it (tensions daily). Practice program whose goal is to improve their LQ, the individual can check that the exercise: i) helps to control the stress and reduces the tendency to depression; ii) the sensation of energy not only for the work, but also to take advantage of the free time; iii) assists in the completion of daily activities by eliminating the fatigue and thus increasing their productivity; iv) helps sleep and rest better; and v) improves the self-image of the individual that becomes better known and to be aware of its potential. It is essential, therefore, that the satisfaction of such a search is for the man can supply the necessity that is imposed not only to those who, by their work, suffer pressures of all kinds in day to day, but also as a person." (MILANEZI; GREGO, 2004, p 210, 211).

In order to strengthen these statements we found another author reaffirming that "The exercise as a consequence of physical form is associated with the emotional stability, self-esteem, the extroversion and the low levels of neuroticism, in addition to have a contribution to the locus of internal control, observed through the realization of routine tasks." (ROEDER, 2003, p. 39). From this statement we realized how the physical exercise is positively linked the change of self-personal image, becoming a resource with which the individual can combat the setbacks of day-to-day as the stress and low self-esteem, improving their self-concept.

## 7. FINAL CONSIDERATIONS

We believe, from the study, that the human being depends on their self-concepts so that you can relate to the world around him, and that the practice of physical activities, contributes to this concept be positive, because it provides a means of maintaining healthy and within their peculiar aesthetic standards. From the research conducted with the population included in the same, we can observe that there are small distortions of the self-image of individuals, and that the men feel more satisfied with the body itself that women, even these being closer to the standards of beauty and health dictated nowadays.

In addition, to conclude we do the words of Tavares (2004) ours, when this refers the statements of Rufino about the Conceptual universe of body image. We can say that Quality of a good Life or excellent is that which allows the individual to the manifestation of their individuality (needs, aspirations and creativity) in their actions as a way you can gain pleasure and self-knowledge from its work, leisure and relationships.

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Av. Brasil Oeste, 00234, APT 05, CEP: 99025-000,  
Passo Fundo RS. Brasil

#### **A STUDY ON THE BODY PERCEPTION IN PHYSICAL EXERCISES PRACTICING IN THE GYMS OF CONSTANTINA –RS**

##### **ABSTRACT**

The purpose of this study was to verify the conceptions of individuals about their body image, and their satisfaction with their own bodies. The perception of body image was identified by means of the protocol of the silhouettes of Stunkard. We interviewed forty one individuals of both sexes, with ages between fourteen and fifty-six years old all regular visitors of the Gyms in the city of Constantina - RS. It also was performed a bibliographic review in order to build basement history on the body. The participants in the research, although showing small image distortions, marking silhouettes close from its own, demonstrated a positive view on the body itself. According to the bibliographic review we realized that there is a great influence of society on the idealization of the body suitable for individuals at any historic time. It is concluded that the practice of physical exercises exert positive effect on the health and the positive view of their own body image, providing thus higher quality of life and well-being.

**KEYWORDS:** Body Image. Perception. Body. Health. Aesthetics.

#### **UNE ÉTUDE SUR LA PERCEPTION DANS LE CORPS DU EERCICES PHSIQUES POUR LES PRATICIENS DE ACADÉMIES CONSTANTINA –RS**

##### **RÉSUMÉ**

La présente étude visait à déterminer les points de vue des personnes au sujet de leur image corporelle, et leur satisfaction avec leurs propres corps. La perception de l'image corporelle a été identifié par le protocole silhouettes Stunkard. Quarante-et-un individus des deux sexes ont été interrogés, âgés de quatorze cinquante-six ans tous des académies dans la ville de Constantina - RS. Revue de la littérature a également été menée dans le but de construire fondement historique sur le corps. Les participants au sondage, malgré la démonstration de petites distorsions d'image, marquant près de leurs silhouettes ont montré une attitude positive sur son corps. Selon la revue de la littérature nous nous rendons compte qu'il ya une grande influence de la société sur l'idéalisation du corps par les personnes appropriées à tout moment historique. Nous concluons que la pratique de l'activité physique a un effet positif sur la santé et la vision de l'image corporelle positive de, offrant ainsi une meilleure qualité de vie et le bien-être.

**MOTS-CLÉS:** l'image corporelle. Perception. Corps. Santé. Esthétique.

#### **UN ESTUDIO SOBRE LA PERCEPCIÓN EN CUERPO DE EJERCICIOS FÍSICOS PARA PROFESIONALES DE ACADEMIAS CONSTANTINA –RS**

##### **RESUMEN**

El presente estudio tuvo como objetivo determinar los puntos de vista de los individuos acerca de su imagen corporal, y su satisfacción con sus propios cuerpos. La percepción de la imagen corporal fue identificado en el protocolo siluetas Stunkard. Cuarenta y un individuos de ambos sexos fueron entrevistados, con edades comprendidas entre los catorce y cincuenta y seis años de cada academias en la ciudad de Constantina - RS. Revisión de la literatura también se llevó a cabo con el fin de construir fundamento histórico en el cuerpo. Participantes en la encuesta, a pesar de la demostración de las pequeñas distorsiones de imagen, anotando cerca de sus siluetas mostraron una actitud positiva en su cuerpo. De acuerdo con la revisión de la literatura nos damos cuenta de que hay una gran influencia de la sociedad en la idealización del cuerpo por las personas adecuadas en

cada momento histórico. Llegamos a la conclusión de que la práctica de la actividad física tiene un efecto positivo en la salud y la visión de la imagen corporal positiva, proporcionando así una mayor calidad de vida y el bienestar.

**PALABRAS CLAVE:** Cuerpo de imagen. Percepción. Cuerpo. Salud. Estética.

#### **UM ESTUDO SOBRE A PERCEPÇÃO CORPORAL EM PRATICANTES DE EXERCÍCIOS FÍSICOS DAS ACADEMIAS DE CONSTANTINA - RS**

##### **RESUMO**

O presente estudo teve como objetivo verificar as concepções dos indivíduos sobre sua imagem corporal, e sua satisfação com o próprio corpo. A percepção da imagem corporal foi identificada por meio do protocolo de silhuetas de Stunkard. Foram entrevistados quarenta e um indivíduos de ambos os sexos, com idades entre quatorze e cinquenta e seis anos todos frequentadores das academias da cidade de Constantina – RS. Também foi realizada revisão bibliográfica a fim de construir embasamento histórico sobre o corpo. Os participantes da pesquisa, apesar de demonstrarem pequenas distorções de imagem, marcando silhuetas próximas das suas, demonstraram uma visão positiva sobre o próprio corpo. De acordo com a revisão bibliográfica percebemos que existe grande influência da sociedade sobre a idealização do corpo adequado pelos indivíduos em qualquer momento histórico. Conclui-se que a prática de exercícios físicos exerce efeito positivo sobre a saúde e a visão positiva da própria imagem corporal, proporcionando assim maior qualidade de vida e bem-estar.

**PALAVRAS-CHAVE:** Imagem Corporal. Percepção. Corpo. Saúde. Estética.