

168 - EATING BEHAVIOR AND BODY IMAGE BY BODYBUILDERS

SAMUEL GONÇALVES PINTO;
 CARMEN LÍDIA VIEIRA LEITE;
 MIRIAM DOROTEIA FELGA DE CARVALHO
 Faculdade Presidente Antônio Carlos de Ponte Nova
 Ponte Nova-Minas Gerais-Brasil
 samuel.pto@gmail.com

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1. INTRODUCTION

Currently the model of beauty imposed by society corresponds to a lean body, but without considering the aspects related to health and physical conditions of the population. With this standard stipulated, more and more people undergo diets for weight control, and exercise in gyms.

Increased quest for the perfect body, in many cases makes people opt for the wrong diet and practice exercises excessively. With that can develop eating disorders that present themselves through: anorexia nervosa (AN), bulimia nervosa (BN) (BOSI, 2008).

Considering that females exhibit a tendency to want to reduce body weight, while the male is the reverse, in which prevails the desire to gain weight. (Fidelix, 2010)

The self-perception of body weight is an important aspect of body image. According Paludo et.al. (2011), body image can be defined as the vision of a person is the body or specific parts, as well as the image formed in his mind by subjective representations of physical appearance and physical experience, always depending on the society in which the individual is inserted.

Body dissatisfaction is a behavior considered as a precursor to eating disorders (TCAs) are anorexia nervosa and bulimia. TCAs have multiple causes, including genetic, environmental and behavioral (Tessmer, 2006).

People with anorexia nervosa and bulimia nervosa have, in common, excessive preoccupation with weight and diet, always with dissatisfaction and distortion of their body image.

Loland (2000) believes that this body dissatisfaction is the main reason that looking for individuals to enroll in a physical activity program. Labre (2001) exposes objectively, that body dissatisfaction interferes with the way individuals perceive themselves in relation to their body mass, fat percentage (F%) and stature. And still adds that the media influences increased body image dissatisfaction and the search for a perfect body, with the exhibition of beautiful bodies, especially in recent decades.

Physical activity influences positively on the health and appearance of its practitioners. But often it is used as a strategy to lose weight inappropriately and even compulsory for people who have some kind of eating disorder.

Thus, feeding behavior and body image are subjects that have great relevance as a subject of study, since they have interests of a better understanding of possible eating disorders that may exist in people's lives.

The aim of this study is to characterize eating practices and possible risk factors associated with eating disorders by bodybuilders.

2-METHODOLOGICAL ASSUMPTIONS

A cross-sectional study design with bodybuilders academy Mill Club in the city of Leopoldina, MG. It is an applied research because it aims to generate knowledge for practical application, addressed to the solution of specific problems in a quantitative approach, considering what can be measured, which means translate into opinions numbers and information to classify them and analyze -las. (KAUARK, 2010)

The research took place at the Mill Club located in Leopoldina, MG. The Club was founded on April 1, 1965, the Leopoldina city where it has its headquarters, is a civil social, folk, cultural and sports as a priority in social, sports and recreational holidays. Currently has about 2,000 members and a large sports area where installation is performed activities and the practice of bodybuilding.

The sample consisted of 10 female bodybuilders and held through questionnaires in versions translated into Portuguese by Cordás and Neves (1999).

Applications are given on the premises of the club, using times previously chosen, respecting the availability of participants. Individuals invited to participate in the program agreed to sign the Statement of Participation Consentida.

Were criteria for inclusion: Regular Practitioners (average of 05 times per week) of female bodybuilding; Sign the consent form and explained the questionnaire.

The research took place in quantitative character through questionnaires, randomly, the participants can respond only once the search. It was divided into two variables: dependent and independent: Dependent variables are procedures that were required in the questionnaires to check whether the individual has an eating disorder. Independent variables are factors that are not related to data collection. There is no need for search information such as level of education and profession exercised.

For assessment of anthropometric parameters for calculating the BMI, one Toledo Brazil scale to measure the weight in kilograms and a stadiometer Sanny Brazil to check the height was used. BMI was calculated by dividing body weight / height (m²), and body mass in kilograms and height in centimeters. For the questionnaire was used paper, blue or black ballpoint pen, and a computer for data analysis.

3-DISCUSSION AND ANALYSIS OF DATA

After calculating and making an inventory of data collected through questionnaires and practical assessment, tables and graphs were used built through Microsoft Office Excel®, where the values are presented as percentages by checking what proportion of body builders has some eating disorder or body image, checking what problems most commonly found, which are more common and the current standard of beauty.

According to Cruz (2008), the current body shape is a thin body, and that body sculpting has been approached by the media. Before the concerns were behavioral, now the picture is in front of any goal. It is observed how women are fascinated with diets in magazines, weight and measures that would like to reduce and on medicines for loss of appetite.

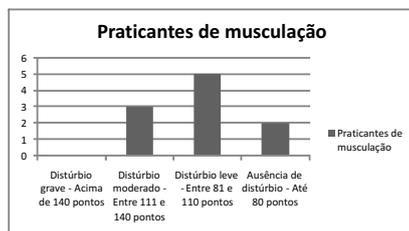
Body image changes over the life and the society in which we live is a great example for the formation of the perfect body. Thus, the media, family and friends influence individuals to exercise, take care of their bodies, directing them to desires,

habits, care and discontent with the visual appearance of the body. (SOUSA, 2009).

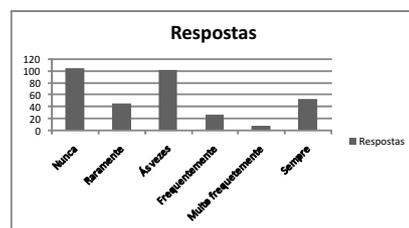
According to Laus (2009), people with TCAS have in common an excessive preoccupation with weight and diet, often presenting distortion of their body image, and having abnormal eating behaviors and exercise practices excessively to control weight.

The participants were 10 bodybuilders women aged 20-38 years.

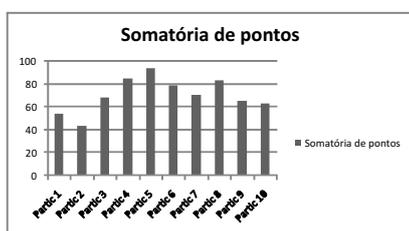
According to the questionnaire BSQ was found that two women showed no disorder, five had mild body image disorder and three had a mean body image disturbance, as shown in Chart 1:



Ainda de acordo com o questionário BSQ foi observado que a opção "nunca" foi a mais respondida, totalizando 104 respostas, seguida pela "às vezes" com 102 respostas, "sempre" com 53, "raramente" com 45, "frequentemente" com 27 e por último "muito frequentemente" com 9, mostrado no gráfico 2.



According to EAT 26 questionnaire, which are held 26 questions with answers of "always" with a value of 5 points, "often" with 4 points, "sometimes" with 3 points, "few times" with 2 points, "almost never" with 1 point and "never" with 0 points, it was found that all 10 test participants received at least 21 points, as shown in Figure 3, thus indicating disorder of eating behavior. Based on these data it is possible to observe how the influence of the standard of beauty in society.



With the results obtained it can be said that there is a high level of body dissatisfaction, since more than half of the interviewees bodybuilders were dissatisfied with their body image. One explanation for this figure is due to the increased concern with the body that every day increases especially in women because of society show a lean body as the standard of beauty. This concern with the body induces the woman to search for methods for weight loss and there may be a distorted body image. It feels less than other women due to the body and may cause an eating disorder disease.

One can observe this dissatisfaction by the results of the questionnaires. The EAT-26, through its 26 questions with answers with values from 0 to 5 points it was noted that all participants obtained total score greater than 21 indicating disorder of body image. And the rate was achieved in a high proportion as the participant with the lowest number of points obtained 43 points and as many 93 points.

BSQ, only two of the participants showed no disorder according to the survey sums. But watching his answers is noted that in any case, the survey participants were fully satisfied with their body image.

With the data from this study, we conclude that there is a dissatisfaction with body image in bodybuilders. It is noted that even with the practice of regular physical exercise, people are not satisfied with the body, always trying to improve your fitness, raising concern about their body image.

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ABSTRACT

The study aimed to evaluate and verify issues related to body image and food, geared to female bodybuilders. For the study, there was the application of EAT-26 questionnaire, which is an instrument of self-report consists of 26 questions to assess the attitudes and typical of anorexia behavior and the BSQ (Body Shape Questionnaire), composed for 34 issues to examine the distorted body image. The sample consisted of 10 regular practitioners of weight training, and as a result it was shown that the BSQ questionnaire all participants had an average of answers without any serious change being that two women showed no disorder, five had mild body image disorder and three They had a mean body image disorder. You EAT-26 all the participants presented according to score some kind of body image disorder.

COMPORTEMENTS ALIMENTAIRES ET IMAGE CORPORELLE PAR LES CULTURISTES

RÉSUMÉ

L'étude visait à évaluer et à vérifier les problèmes liés à l'image corporelle et de nourriture pour, orienté vers les femmes culturistes. Pour l'étude, il y avait la demande de EAT-26 questionnaire, qui est un instrument d'auto-rapport se compose de 26 questions pour évaluer les attitudes et les comportements typiques de l'anorexie et de la BSQ (Body Shape Questionnaire), composé pour les 34 questions à examiner l'image du corps déformé. L'échantillon se composait de 10 pratiquants réguliers de la formation de poids, et en conséquence il a été montré que le questionnaire de BSQ tous les participants avaient une moyenne de réponses sans aucun changement grave étant que les deux femmes ne présentaient aucun trouble, cinq avaient légère trouble de l'image corporelle et de trois Ils avaient une moyenne trouble de l'image corporelle. Vous mangez-26 tous les participants présentées selon de marquer une sorte de trouble de l'image corporelle.

LA CONDUCTA ALIMENTARIA Y LA IMAGEN CORPORAL POR LOS CULTURISTAS

RESUMEN

El objetivo del estudio fue evaluar y verificar las cuestiones relacionadas con la imagen corporal y los alimentos para, orientado a mujeres culturistas. Para el estudio, se produjo la aplicación del EAT-26 cuestionario, que es un instrumento de auto-informe consta de 26 preguntas para evaluar las actitudes y comportamientos propios de la anorexia y el BSQ (Body Shape Questionnaire), compuestos por 34 temas para examinar la imagen corporal distorsionada. La muestra consistió en 10 practicantes regulares de entrenamiento con pesas, y como resultado, se demostró que el cuestionario BSQ todos los participantes tenían un promedio de respuestas sin ningún cambio serio es que dos mujeres no mostraron desorden, cinco tenían trastorno leve de la imagen corporal y tres Ellos tenían un trastorno de la imagen corporal media. No comen-26 todos los participantes que se presentan de acuerdo a anotar algún tipo de trastorno de la imagen corporal.

COMPORTEAMENTO ALIMENTAR E IMAGEM CORPORAL ENTRE PRATICANTES DE MUSCULAÇÃO

RESUMO

O estudo teve como objetivo avaliar e verificar problemas relacionados à imagem corporal e alimentação, voltados a praticantes de musculação do sexo feminino. Para a realização do estudo, realizou-se a aplicação dos questionários EAT-26, que se trata de um instrumento de auto-relato composto por 26 questões para avaliar as atitudes e comportamentos típicos de anorexia e o BSQ (Body Shape Questionnaire), composto por 34 questões para analisar a distorção da imagem corporal. A amostra foi composta por 10 praticantes regulares de musculação, e como resultado mostrou-se que no questionário BSQ todas participantes tiveram uma média de respostas sem nenhuma alteração grave sendo que duas mulheres não apresentaram nenhum distúrbio, cinco apresentaram distúrbio de imagem corporal leve e três apresentaram distúrbio de imagem corporal médio. Já no EAT-26 todas as participantes apresentaram de acordo com a pontuação algum tipo de distúrbio de imagem corporal.