

# **BODY SATISFACTION AMONG TRAMPOLINE GYMNASTIC**

## **ATHLETES**

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According to Schilder (1999), our body image depends on experiences we have in life, on the relationships we have with external environments and on the relationships a person establishes with himself/herself and with other individuals, as well as their wishes for the future. For that reason, body image is not only based on associations, memories and experiences, but also on aims, aspirations and tendencies.

Body image suffers alterations throughout life, and society plays an important role in the construction and valorization of the ideal body. We aim for the perfect body based on culturally established standards and as the socio-cultural concepts change, we also change our corporal ideal (Grogan, 2006). It is within the context of valorization of what is considered beautiful that we are stimulated by the media, family and friends to take care of our body, directing these behaviors to desires, habits and discontent with the visual appearance of the body (Damasceno, Lima, Vianna, Vianna, & Novaes, 2005).

According to McCabe and Ricciardelli (2004), there is a tendency among adolescents to develop feelings of inferiority and non-conformity in relation to their body, which is linked to the practice of physical activities with the purpose of improving their appearance and corporal aesthetics. It is in this way that a necessity is generated: to match their body with the culturally ideal one once there is dissatisfaction with body image. This can be defined as the discomfort the individual has in relation to some aspect of his/her appearance (Garner & Garfinkel, 1981). Such dissatisfaction may affect aspects of a person's life, which according to Ricciardelli and McCabe (2001) is linked to the manifestation of behavioral and eating disorders, increasing the chances for the development of bulimia and anorexia.

The present study aimed at verifying the body satisfaction of male and female trampoline gymnastics athletes in the city of Juiz de Fora, Minas Gerais.

The present work is in accordance with the Resolution 196/96 of the Conselho Nacional de Saúde (National Health Association), having been approved by the Comitê de Ética em Pesquisa com Seres Humanos (Ethics Committee in Researches with Human Beings) of the Federal University of Juiz de Fora – MG registered under number 1929.273.2009.

The sample comprised trampoline gymnastics athletes from the city of Juiz de Fora, consisting of 20 young people, 11 women and 9 men ranging from 12 to 19 years of age ( $15.10 \pm 2.02$ ), who took part in state, national and international championships. A semi-structured questionnaire was used to identify the gender, age and level of competitions in which the athletes had taken part.

To assess the body satisfaction the Body Shape Questionnaire (Di Pietro, 2009) was chosen, adapted and validated to be used in the Brazilian population. The tool demonstrated internal consistency, analyzed through Cronbach's alpha of  $\alpha = 0.97$ . The analysis of the tool resulted in the resolution of four components (self perception of body shape, comparative perception of body image, attitude concerning body image alteration, and alterations in body perception), which correspond to 66.4% of the total data variability. The scale has 34 self-completion questions, answered on a Likert type scale varying from 1 to 6 (1 – never; 2 – rarely; 3 – sometimes; 4 – often; 5 – very often; 6 – always), where the dissatisfaction results could be:  $\leq 110$  (none),  $>110$  e  $\leq 138$  (mild),  $>138$  e  $\leq 167$  (moderate), e  $>167$  (severe). All the measurements were analyzed using the SPSS version 16.0 software.

For data collection, we did a survey to find institutions in the city which had trampoline gymnastics athletes on their team. They were then visited and invited to take part in the study. After the approval of three of these institutions, two visits were carried out. On the first visit to each institution, the practice sessions were observed and then the athletes were invited to take part in the study. After their consent, a second visit for data collection was scheduled. The parents of all the invited athletes were contacted in order to obtain permission for their children to participate in the study, through the signature of the Free and Clear Consent Term.

The result of the evaluation of the body satisfaction demonstrated an average of  $80.82 (\pm 23.259)$  for the female group, with a maximum of 130 points

and minimum of 50 points, and an average of  $49.89(\pm 24.148)$  for the male group, with a maximum of 111 points and minimum of 34 points. Among the 20 individuals that were analyzed, 17 did not show any dissatisfaction with their body image and 3 showed minor dissatisfaction. Among these three individuals with minor dissatisfaction, there were two girls and one boy. The analysis of the differences between the scores obtained between the two genders using the Student's t-test showed a significant difference between the scores for  $p < 0.05$ . The data from this study corroborate the findings of McCabe and Ricciardelli (2004), pointing to the fact that adolescent girls are more dissatisfied with their bodies than adolescent boys.

When the data regarding the length of time practicing the physical activity and the BSQ scores were compared, no statistically significant differences were found, with the group of 2 to 5 years of practice obtaining a score of  $52.67(\pm 29.398)$  and the group with more than 5 years of practice obtaining a score of  $(47.00 \pm 12.728)$ . Therefore, it was demonstrated by this study that the time of practice of trampoline gymnastics did not interfere with the body satisfaction of the athletes.

Finally, the Post Hoc Tukey analysis of variation (ANOVA), with a reliability factor of 95%, did not present a statistically significant difference between the score obtained on the BSQ and the different competitive levels that the athletes participate (state, national and international). The scores obtained by the state, national and international level athletes were:  $42.67(\pm 6.351)$ ,  $74.58(\pm 31.237)$ , and  $63.00(\pm 19.039)$ , respectively.

The data from this study regarding the differences in body satisfaction between men and women corroborate what is stated in literature, demonstrating that adolescent girls are less satisfied with their body image than adolescent boys. The present study did not find statistically significant differences for the correlations between the body satisfaction and the time of practice of the activity, or between the body satisfaction and the competitive level of the athlete. We suggest that other studies using different samples are carried out in order to delve deeper into the proposed theme.

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