

## **The relationship between body image and physical disability in adolescents**

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This present study focuses on the body image of adolescents with physical disability. In the adolescence, according to Levine and Smolack (2004), puberty, sexuality, identity formation, improvement of social and gender role and the “success” possibility in different domains of life are all factors that influence and are influenced by body image.

The aim of this study was, through a bibliographic research, systematize the knowledge produced about the body image of adolescent with physical disability, to be possible reflections and efficient interventions with this population.

The bibliographic survey was realized at Mediline, PsycINFO, SportDiscuss, BIREME and SCOPUS data bases. The key-words were “imagem corporal” AND “deficiência física” AND “adolescente” e “body image” AND “physical disability” OR “physical deficiencie” AND “adolescent”. It were selected the papers published between 2005 and 2010. The analyses and interpretation of the findings were done through the informative and interpretative lectures, respectively (Lakatos & Macconi, 1991).

The research identified 35 papers, grouped by the common focus of interest. Unger and cols.(2005); Cheng and cols.(2005); Liptak (2005), Ushida and cols.(2005), Cazenave and cols.(2008), Walker and Pearman (2009), Yagmurlu and cols.(2009) and Gordon and Lubitz (2009) investigated the relation between body interventions and body image

Desmond and cols.(2006), Poljak-Guberina and cols.(2005), Victorson and cols.(2005), Oaksford and cols.(2005), Coakley and cols.(2006) and Livneh and Antonak (2005) focused on the influence of psychosocial issues in the rehabilitee.

Dennis and cols.(2006), D’Angelo and cols.(2006), Turner and cols.(2006) and Tichy (2005) treated the physiological aspects of the body image, deficits in cognitive development and neuromuscular disorders.

The Limb (2006), Shields and cols.(2006), Taleporos and McCabe (2005), Howes and cols.(2005), Kinavey (2007) and Vuillerot and cols.(2010) studies investigated the impact of physical disability in body image and quality of life.

Brantlinger and cols. (2005) and Sapin and cols. (2005) papers treated about assessment instrument.

Jureidini (1988) and Lohne and Severisson (2005) investigated the paper of the therapy in coping with physical disability.

Potgieter and Khan (2005) Wiegerink and cols (2008), Soares and cols. (2008), Jemta and cols.(2008) and Ricciardi, and cols.(2007) had the sexuality of adolescents with physical disability as their study object.

The social impact of the scars provoked by brain injury and burn injury was assessment, respectively, by McClure and cols.(2008) and Lawrence and cols.(2007), in terms of judgments of injury severity, body esteem, social stigma and social comfort.

Xenakis and Goldberg (2010) tested the efficiency of Young Women's Program (YWP), a social-educative program of rehabilitee, composed by didactic classes turned to young women with physical disability.

The adolescence is marked by body changes, personality adjustment and establishment of new interpersonal relationships. The body image searches for a new reorganization that must be consistent with the new existential reality of the individual. Body experience is fundamental to maintaining these aspects and it is reasonable to admit that physical disability, in some way, interferes in this development. The body image approach provides subsidy to a good treatment with this population that requires protection and help for a healthy maturation.

The present study verified the impact of physical disability in some aspects of the body image, like self-esteem, body satisfaction, self-concept and sexuality; the relation between body image, movement and rehabilitee and the importance of a good psychological adjustment and the professional and social support to a positive coping with the deficiency.

It can be conclude that the numerous researches in this theme elucidate the need to improve the current public politics, by a way that they effective and facilitate the inclusion process of the adolescent with disability, providing emancipation and social integration in different contexts of his life (school,

family, job, leisure, health, transport) and guarantying his development. The research also provides knowledge that contributes to professional formation and qualification, offering them support for efficient interventions that consider the individuality of the subject in the world.

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