

BODY IMAGE AND BODY SATISFACTION: **PROSPECTIVE OF ADOLESCENT BODIES**

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Society built the body through the social and cultural relations, controlling habits and behaviors of people. Body image is a multidimensional concept, which reveals the perception of the subject about his body. It's influenced by social constructs such as behavioral representations of personality and emotional states. Maturation, body mass increased and changes in body shape and body structure of childhood and adolescence are causes of changing in body perception (Conti, 2008; Damasceno et al. (2006).

Social pressures presents in adolescence, coupled with the need to be accepted by others, the emotional relationships defected of with family, media influence in the promotion and assimilation of model thin body ideal, have contributed to the spread of body dissatisfaction and perceptual and behavioral dysfunctions that give rise to disturbances of body image (Conti, Scagliusi, Queiroz, Hearst, & Cordás, 2010).

The aim of this study is characterize the sociocultural elements and body satisfaction, presents on conception of adolescents body images

The study is characterized as a descriptive research with a qualitative data approach). The sample included 25 adolescents by both genders that practice physical activity at Project Santo Amaro, of Escola Superior de Educação Física (ESEF), Universidade de Pernambuco (UPE). Project Santo Amaro aim the social integration between university and local community of Santo Amaro neighborhood and vicinity, city of Recife, Pernambuco, Brazil. It allow practice of sports, recreation, medical care and dental care for children and adolescents.

The selection of the sample was characterized as non-probabilistic intentional, which were selected individuals aged 12 to 18, to participate in the project over six months and have more than 80% of presence in sports activities.

The Stunkard's figure rating scale was used for data collection (Scagliusi, 2006). It's widely used in studies with Brazilian population to identify levels of body satisfaction (Coqueiro, Petroski, Pelegrini & Barbosa, 2008; Damasceno, Lima, Vianna, Vianna, & Novaes, 2005; Tribess, Virtuoso Junior, & Petroski, 2010). It was also realized a semi-structured interview containing questions about their body perception and the biopsychosocial changes presents in adolescence, and the body dissatisfaction grounds when it exists. The participation in research was requested to adolescents that met the inclusion criteria. Data collection was realized in the activities place in a preserved space for interview to maintain the confidentiality of their responses.

Qualitative data were reviewed by the full transcript of the speeches and application of discourse analysis of Bardin (2009), which takes shape in the categorization of responses, enabling the thematic groups creation and keywords identification. Numerical data were categorized by descriptive statistics using SPSS v10.0 for Windows. This research was approved by the ethics committee of CISAM / UPE, File No: 018/07. The formalization of their participation was the signing of the Informed Consent (IC) by parents or guardians.

The thematic sections that characterized the results were: socioeconomic aspects, relevant daily activities, independence, body change perception, body satisfaction, a model of ideal body.

The socioeconomic profile of the group studied was by 68% of male subjects and 32% female, mean age = 15.8 years, SD = 1.3 years. It has been found a predominance of subjects who lived with their parents and siblings, 76%, followed by adolescents who live with grandparents or uncles (8% each item). About the degree of schooling, 64% of subjects were in high school and 32% in elementary school. Only one person admitted work and study.

About the relevant activities in a daily life, the teens said go to school (92%), followed by social activities and leisure activities (chat with friends, surfing by internet) (48%), study (40%), passive leisure activities (resting,

reading, watching TV) (36%), sports and leisure activity (11.1%) and making household chores (32%).

For autonomy to carry out their activities, 68% of the subjects said they did not do whatever they want. The limiting activities were "go out to wherever you want" (24%), work (20%), which indicates a desire for financial independence, "making courses and learning new activities" (16%), which appears as desire for professional qualifications, "go out for fun alone" (12%) and " get home late" (8%), representing the lack of autonomy and independence to come and go. While elements of influence in to make their decisions and opinions predominated the mother figure (68%), father (40%) and friends (32%).

Regarding body changes attributed to the phase of adolescence were identified gain stature (28%), hair appearance (24%), changes in body structure (bones) (16%), fat accumulation (16%), need to more muscle mass (16%), resistance to endurance (12%) and muscle strength (12%).

The percentage of people dissatisfied with their body comprised 72% of the sample. Of these, 67% wish to have more lean body silhouette followed by 33% who wanting to increase their body mass. The main body characteristics reported to have been the object of dissatisfaction, weight loss (20%), hair (16%), face (12%), height, stomach and gain of muscle mass (8% each item).

The model of ideal physical body silhouette predominated in choices was the silhouette 2 (52%), followed by silhouette 3 (32%) and silhouette 1 (12%). The presence of a representative percentage of the sample for selection of silhouettes 1 and 2 (64%) show a model of ideal body that search an overly thin body. The silhouettes 2 and 3 (40%) was representative of their real body, followed by silhouettes 1 and 4 chosen by 8% of sample.

Recent studies have shown the predominance of dissatisfaction feelings with appearance, which appears at alarming levels in several age groups. (Conti, 2008; Cordeiro et al., 2008, Tribess et al. 2010; Triches, & Giugliani, 2007). The body dissatisfaction and the search for changing the appearance may lead subjects to use mechanisms that bring unnatural and high health risks such as the use of anabolic steroids (Iriart, Clark & Orleans, 2009), induced vomiting, use of diet and starvation (Souza-Kaneshima, France, Kneube & Kaneshima, 2008). In an attempt to find ways to minimize dissatisfaction

feelings with the body physical activity would be one of the strategies being used. Savage, Dinallo and Downs (2009), indicate that body satisfaction is directly associated with physical activity in adolescents. Damasceno et al. (2006) argue that there is a predominance of studies that point the body image of physically active persons is better than body image of sedentary individuals. They say also that type of proposed activity or the environment in which it is directed may influence the results.

It follows, according to the findings that the adolescent has desire for greater freedom by using their bodies to come and go and work. Similarly, predominance of activities without the use of physical tasks at the expense of low frequency sports practice, the limitations that characterize acquisition of new experiences of body may contribute to high rates of body dissatisfaction. This scenario requires attention from family members and professionals who aim to maintain the health of individuals who comprise this age group.

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