



BODY IMAGE ASSOCIATION AND HABITUAL PHYSICAL ACTIVITY IN INSTITUTIONALIZED ELDERLY.

Monteiro A. M.¹, Neves C., Baptista R., Mota P.², Carvalho J.³
(Polytechnic Institute of Bragança¹, University of Trás-os-Montes e Alto Douro², Research Centre in Physical Activity, Health and Leisure, Faculty of Sports, University of Porto³) - Portugal

1. Introduction

Research clearly shows that physical activity (PA) is one important factor in developing and maintaining good health and function in older people. Knowledge of the underlying processes that influence the elderly to initiate and maintain lifestyle changes is an important requirement for the development of a PA intervention.

If we will have on-line of account that the number of aged with more than 85 years is the band with trend to increase, becomes decisive the paper of the physical activity (PA), a time that is from the 80 years, in accordance with Shepard (1997), that the involution, in terms of force and resistance, if accents, making it difficult the capacity of accomplishment of the tasks of the quotidian and dragging the aged one for a little active style of life.

Recognising the benefits of practical the regular one of the physical exercise for the population most aged, the importance of if knowing the factors that influence the participation of this population in the PA inhabit in the possibility to improve the effectiveness of the interventions, the types of offer and activities (Rhodes et al. 1999).

The aim of this study is to analyze the variation of the body image at its component parts of perception and satisfaction and the habitual PA in institutionalized old people of both genders who are physically active or not.

2. Methods

Subjects.

The sample (n=33; 77,6 ± 5,75, years) was divided into two different groups, the Physical Active Group (PAG, n =18) and the Physical Inactive Group (PIG, n = 15). The PAG comprises 10 females and 8 males and PIG comprises 6 females and 9 males.

Data Collection.

The perception of the body image was assessed by the Body Size Estimation Method (Kreitler e Kreitler, 1988); the satisfaction with the body image was assessed by the Body Image Satisfaction Questionnaire (Lutter et al., 1990). The questionnaire Physical Activity Scale for the Elderly (PASE) was used to evaluate the habitual PA (Washburn et al., 1993).

Statistical procedures.

We adopted the following statistical procedures: Descriptive Statistics (mean, standard deviation and frequency distribution) and Inferential Statistic (nonparametric tests for independent samples, Mann Whitney U and Chi- Square test).



Figure 1. Physical Active Group (PAG)

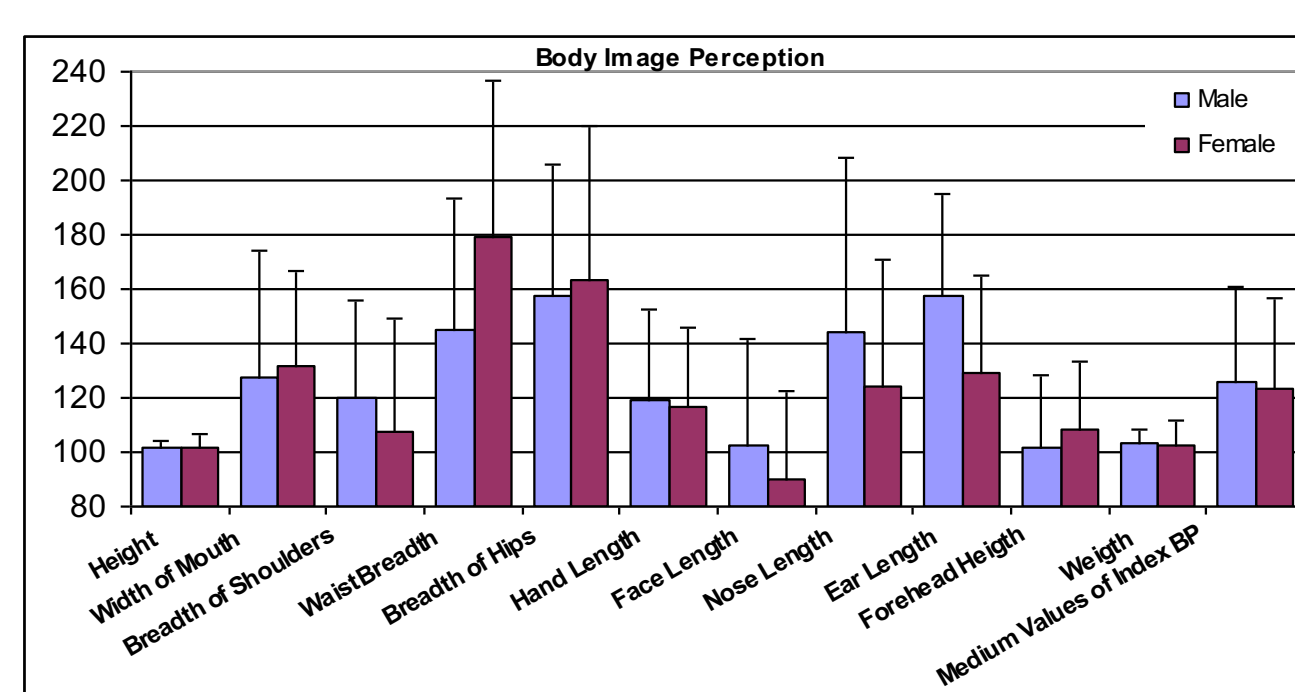


Figure 2. Physical Inactive Group (PIG)



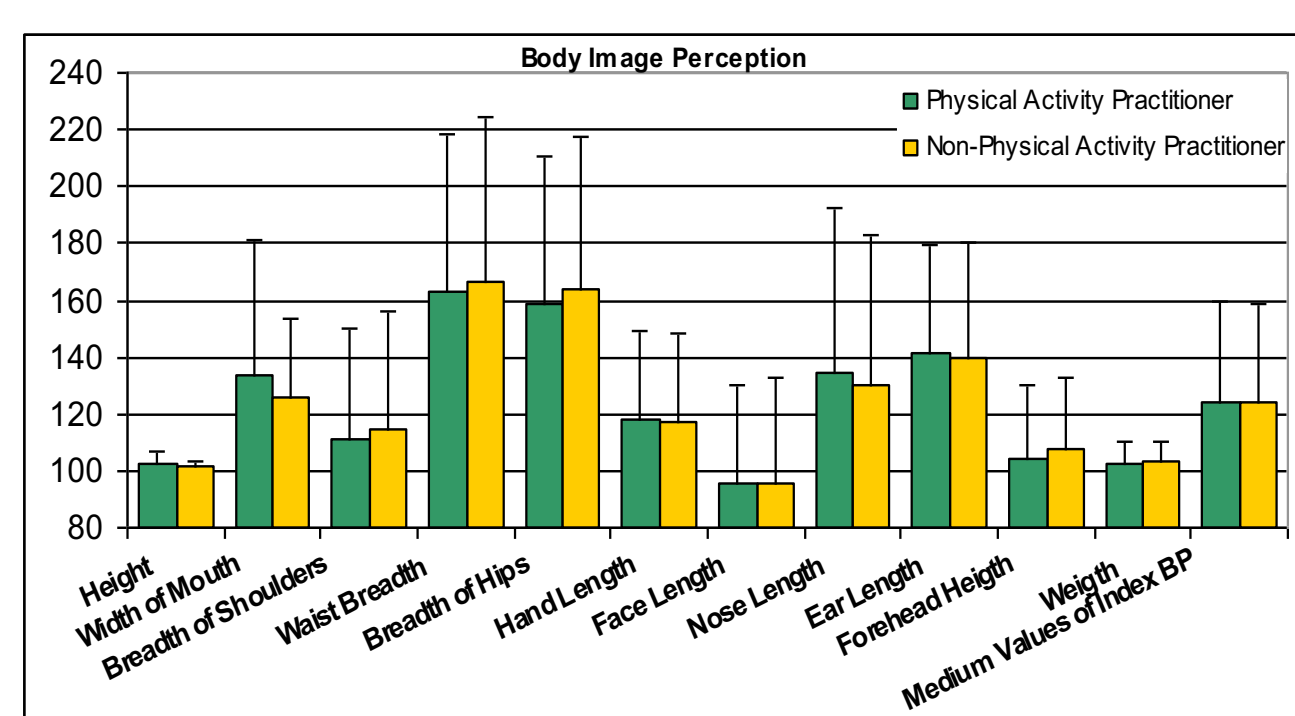
3. Results and discussion

On the graphic 1 we verify that the male sex presents an overestimate of the size for all items. We examine underestimate values of the size on female sex. The male sex exhibit values near to a good perception to the Forehead item, and the female sex to the Height item. We do not observe a good perception of size in none item of the different groups.

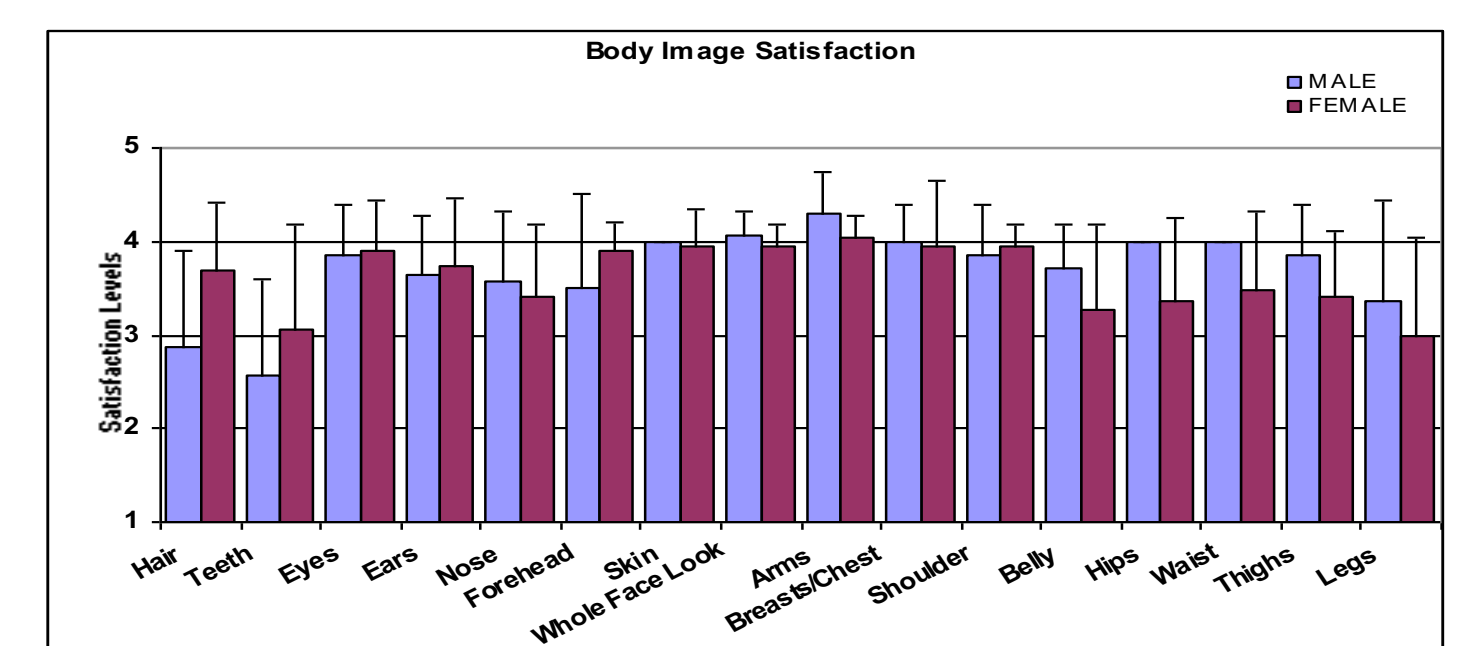


Graphic 1-Medium values (Mean±sd) of body perception items by sex. Accurate estimate of size (=100), underestimate(<100), overestimate (>100).

Through the graphic 2, we can verify that the physical active and the physical inactive have shown overestimate values of size for all items. We observe underestimate values of size on the physical active and the physical inactive for Face item. Both groups have shown values nears of a good perception for Height and Weight item. We do not observed a good perception of size on different groups in none item.



Graphic 2-Mean values (Mean±sd) of body perception items by physical activity practitioner. Accurate estimate of size (=100), underestimate(<100), overestimate (>100).

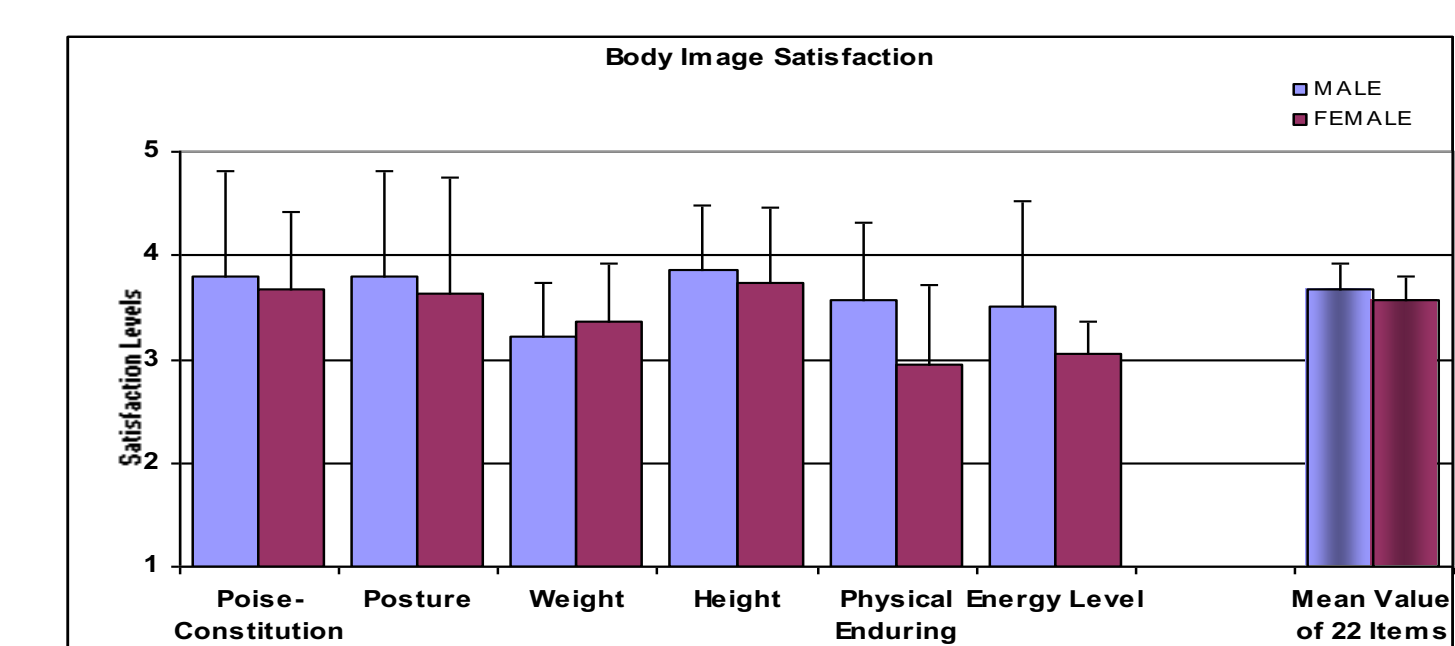


Graphic 3 – Medium values (Mean ± sd) of body image satisfaction according to sex. 1-“I don't like nothing and i would like to be different”, 2-“I don't like but I tolerate”, 3-“I don't care”,4-“I am satisfied”,5-“I feel privileged”.

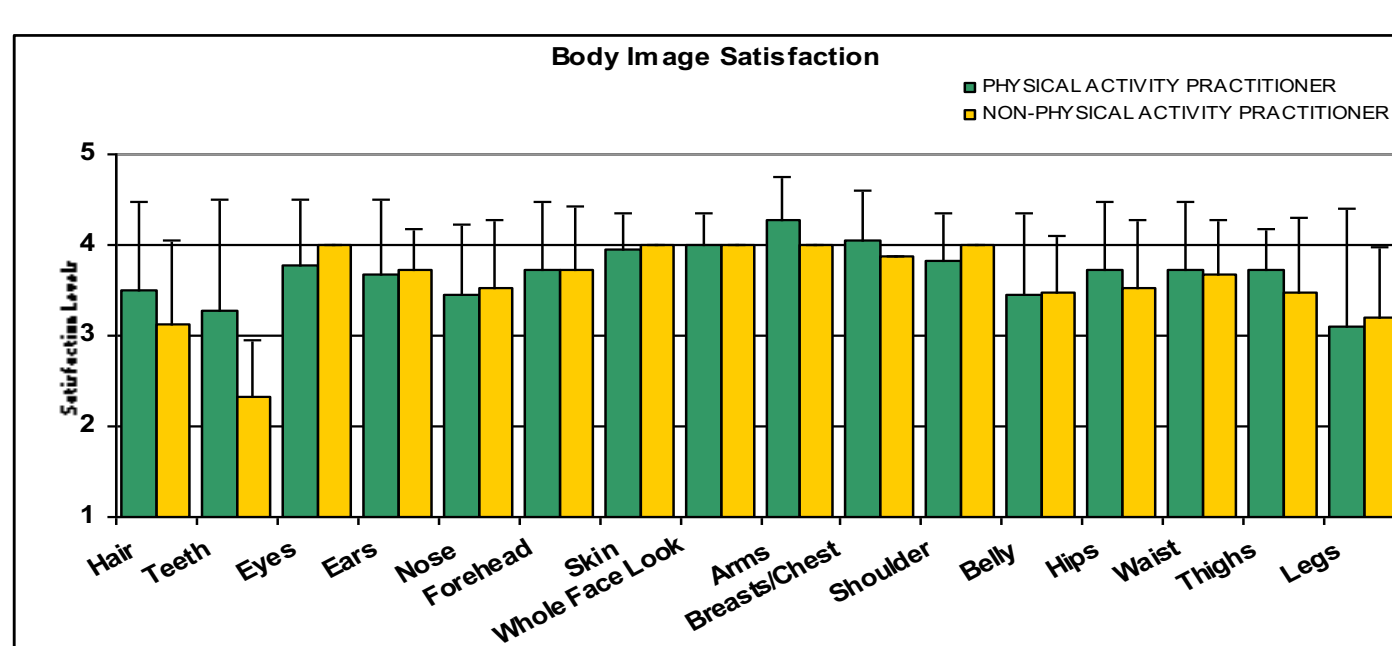
By analyzing the graphical 3 and 4 we verify that the male sex shown, in greater number, higher mean values of body image satisfaction comparatively to female sex.

The female sex subjects have shown higher mean values for the following items: Hair, Teeth, Eyes, Ears, Forehead and Shoulders. Were observed significant statistically differences between both sexes for items Hair (p=0,016), Hips (p=0,007), Waist (p=0,012) e Thighs (p=0,024).

Through the graphical 4 we verify that the mean value of body image satisfaction was higher for the male sex (3,67±0,64) comparatively to the female sex (3,57±0,70). However, the mean difference between both wasn't statistically significant (p=0,385).



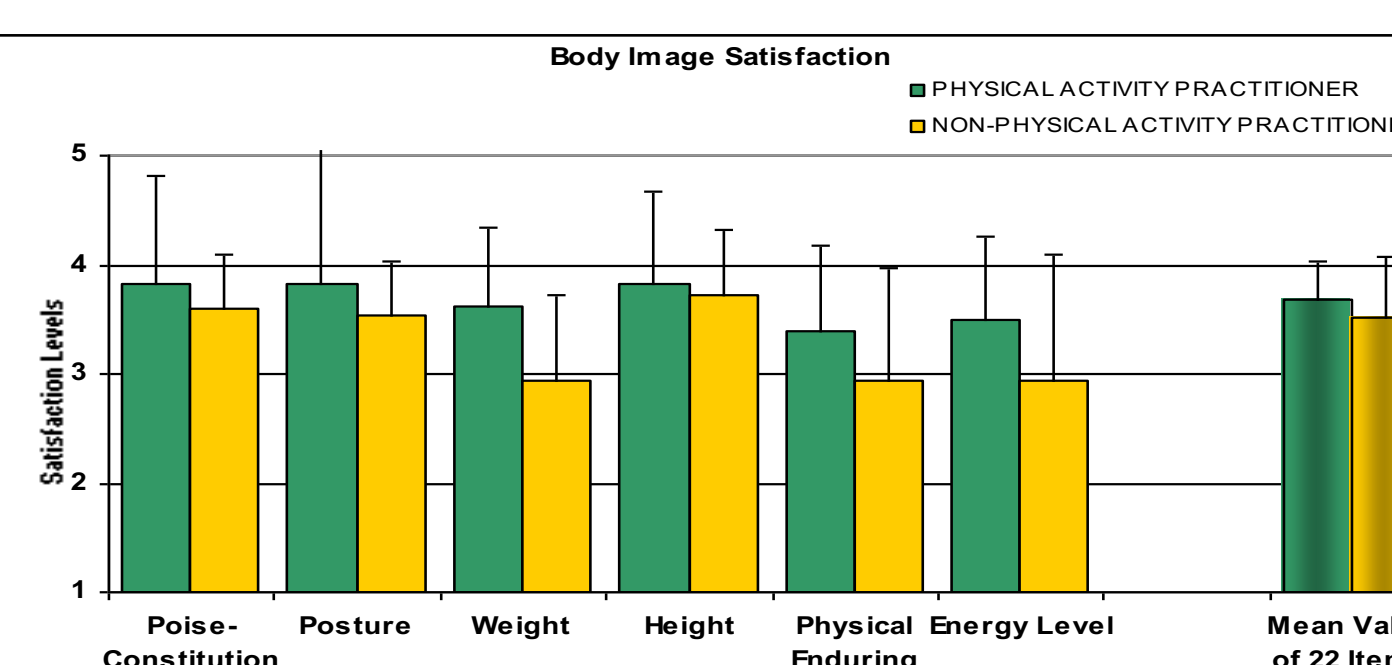
Graphic 4 – Medium values (Mean ± sd) of body image satisfaction according to sex. 1-“I don't like nothing and i would like to be different”, 2-“I don't like but I tolerate”, 3-“I don't care”,4-“I am satisfied”,5-“I feel privileged”.



Graphic 5 – Medium values (Mean ± sd) of body image satisfaction according to sex. 1-“I don't like nothing and i would like to be different”, 2-“I don't like but I tolerate”, 3-“I don't care”,4-“I am satisfied”,5-“I feel privileged”.

Through the graphical 5 and 6 we verify that , in average means, the body image satisfaction, when comparing with the elderly physically active with the physically inactive, we find differences statistically significant for some items.

Analyzing individually the items we verify differences statistically significant on Teeth (p=0,016), Arms (p=0,029) e Weight (p=0,020). The mean of body image satisfaction for the physically active (3,69±0,78) is higher about physically inactive (3,52±0,56).



Graphic 6 – Medium values (Mean ± sd) of body image satisfaction according to sex. 1-“I don't like nothing and i would like to be different”, 2-“I don't like but I tolerate”, 3-“I don't care”,4-“I am satisfied”,5-“I feel privileged”.

4. Conclusions

The following results have shown that in average, no statistics significance was found between the mean of satisfaction with the body image, when comparing genders and the physically active elderly and the physically inactive elderly.

The main conclusions are:(i) the perceptions of the body image do not differ between old people, neither in gender nor in PA; (ii) the satisfaction with the body image does not differ in gender neither in PA; (iii) the habitual PA does not differ in gender.

5. References

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António Miguel Monteiro
Department of Physical Education and Sport, Polytechnic Institute of Bragança
Campus Santa Apolónia, Apartado 1101-49, 5305- Bragança
mmonteiro@ipb.pt

