

EXAMINING THE BODY ATTRACTION OF SEDENTARY WOMEN IN TERMS OF PARTICIPATION IN ACTIVITY

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Abstract

It's known that women have traditionally applied several methods such as exercise, diet in order to be healthier and seem beautiful and attractive. The aim of this study is to examine the body attraction of sedentary women in terms of participation in activity. 100 sedentary women, whose age average is 37.31+7.506 year, height average is 162.13+5.832 cm and who don't apply a special nutrition diet and have no health problem, participated in the research voluntarily. A step-aerobic exercise program was applied for 45 minutes 3 days in a week to the experimental group for 8 weeks by the same trainer. In order to determine body attraction of the subjects in the research, Fox Physical Self-perception Inventory (PSPPI)'s "Body Attraction" sub-scale was used (K.R. Fox and C.B. Corbin, 1989). In conclusion, significant difference has been found between pre-test and post-test values of body attraction feature of sedentary women participated in the research depending on 8-week step-aerobic exercise. The body attraction feature of the subjects has been determined to increase at the end of exercise.

Key Words: Sedentary women, exercise, attraction.

Introduction

Women have done many different exercises in order to seem healthy and beautiful from past to the present and slim, thin women have been shown as model in articles, televisions and films. Women compare their bodies to more beautiful, slimmer ones and make effort for an ideal body (B. Silverstein et al. 1986; M.A. Wiseman et al. 1992, M. Tiggeman, 2001). Not only how people see their own body but also how others see their bodies is important. People are motivated to create a positive effect on others (B.R. Schlenker and M.R. Leary, 1982) and therefore some people are anxious about how their physical appearance is perceived by others. The ones who are unsuccessful in creating suitable effect to the others may make negative inferences (C.D. Lantz and C.J. Hardy, 1997). If the body structure of individual is very different from the one in his mind, body dissatisfaction is seen. Body dissatisfaction increases as the difference between individual's present body structure, his perceived body structure and his imagined body structure increases (S. Skrzypek et al. 2001).

Beside increasing of the weight and excess weight cause many health problems, it is clear that they also cause psychological problems such as body

Method

100 sedentary women whose age average is (n=100) 37.31+7.506 year, height average is 162.13+5.832 cm and who don't apply a special diet and don't have any health problems took part in this research voluntarily.

Training program

Week	1	2	3	4	5	6	7	8
Training time-min.	45	45	45	45	45	45	45	45
Training intensity-%	40	45	45	50	50	55	55	60
The frequency of training week/day	3	3	3	3	3	3	3	3

Step-aerobic exercises were applied to the subjects in the research for 45 minutes and 3 days in non-successive week for 8 weeks. While the intensity of the exercise was %40 at the beginning of the

dissatisfaction (P.E. By Matz et al. 2002). The strong relation between being fat and body dissatisfaction has been proved with the researches done. (I. Canpolat et al. 2005). Social pressures especially of the media are effective on women's seeing themselves fat (M. Tiggeman, 2002). Although the determined ideal body size in the media for women is certain, it isn't possible to say an ideal size for men. (K. Beth et al. 2004). Magazines and television programs always send messages about ideal body image. In the studies done over men, this social comparisons are seen in men generally as increase of the weight and works to increase muscular tissue through some unhealthy methods. As for women, these pressures are seen as diet practices to lose weight (T.G. Morrison et al. 2004). Regular exercise programs change body compositions. Cardio-respiratory trainings and weight trainings help body weight change. There are many studies on the determining effect of aerobic endurance trainings over body compositions (E.A. Galliven et al. 1997, K.B. Osei-Tutu and P.D. Campagna, 2005).

In the light of these data, the aim of this research is to examine body attraction of sedentary women in terms of participation in activity.

program it was progressively increased to %60 in 8th week. The music used for step-aerobic exercises was chosen according to the rhythm of the exercise that subjects applied. All measurements and tests applied to

all the subjects in the research were done twice, one week ago before 8-week training program (pre-test) and one week later after training program (post-test)

Determining the intensity of exercise; the target heart rate of the subjects was determined through Karvonen method (E.L. Fox et al. 1988). The applied training intensity was controlled by 15-second heart rate measured from carotid artery in the neck immediately after the exercise. Measuring height and body weight; the height of the subjects was measured with a metal rule having 0.1 cm sensitivity and being fixed in bascule, and as the subjects in upright position as feet attached, back of the head, back, hip and back of the foot heel touching the rule and subjects looking at the front in bare feet. The body weight of the subjects was measured with a bascule having 0.1 kg sensitivity as the subjects wearing light clothes in bare feet. The measurement that subjects themselves knew didn't evaluated.

As data collecting tool, Body Attractiveness Subscale of Physical Self-Perception Profile, PSPP was developed by K.R. Fox and C.B. Corbin (1989). Body attractiveness sub-scale consists of 6 items. In inventory, the expression of two different people for each item is presented to the person and this person is wanted to determine which of these different expressions and how much he resembles. After the person determines the nearest one of these two different expressions, he uses the expressions of "it is just for me" and "it is partly for me" in order to rank the similarity. The item scoring is between 1 and 4. "4" means high attractiveness and "1" means low attractiveness. Changing scores between 6 and 24 are received in body attractiveness sub-scale.

Result

As seen in Table 1, the age average of the subjects in the research was respectively found as 37.31+7.506 year, height average was found as 162.13+5.832 cm. The body weight average taken one week ago before 8-week step-aerobic exercise program (pre-test) of all the subjects in the research was found 77.44+10.971 kg and the body weight average taken one week later after training program (post-test) was found 72.44+9.736 kg. As seen in Table 2, when pre-test and post-test values of females in the research were examined, significant difference has been found in body weight and body attractiveness values at the beginning of the exercise and at the end of the exercise ($p < 0.05$). A decrease in subjects' body weight values and an increase in their body attractiveness values have been determined.

Discussion and conclusion

In the study done with the aim of examining body attractiveness of women according to participation in activity variable;

As seen in Table 1, the age average of the subjects in the research was respectively found as 37.31+7.506 year, height average was found as 162.13+5.832 cm. The body weight average taken one week ago before 8-week step-aerobic exercise program

(pre-test) of all the subjects in the research was found 77.44+10.971 kg. and the body weight average taken one week later after training program (post-test) was found 72.44+9.736 kg. The body weight values of the subjects before step-aerobic exercise have been determined to be significantly higher than the ones after exercise. There are many studies over body changes of women depending on exercise. In the study where the effects of 8-week aerobic exercise program over some physical, physiological and blood parameters of sedentary middle-aged women were examined, it has been reported that there is significant difference in body fat weight, body fat percentage and body mass index (F.F. Çolakoğlu, 2003).

As seen in Table 2, when pre-test and post-test values of females in the research were examined, significant difference has been found in body weight values at the beginning of the exercise and at the end of the exercise. It has been determined that the body weight of the subjects was high before exercise and decreased after the applied 8-week step-aerobic exercise. Decrease in body weight depending on exercise shows that females care about their nutrition habits beside exercise. Sedentary life and irregular diet habits are thought as effective factors over the body weight of females in the research. In a research by Dunkley and his friends desire of losing weight, the exposure rate from the media and magazine in the decision of going a diet has been found %63, 8; the rate of going a diet by friend effect has been found %44, 8. In the same research, the rate of going a diet by family effect has been found %32, 1 (T.L. Dunkley et al. 2001).

When pre-test and post-test values of females in the research were examined significant difference has been found in body attractiveness values at the beginning of the exercise and at the end of the exercise. The body attractiveness scores of the subjects have been found to increase at the end of 8-week step-aerobic exercise. Beside the relation between participation in activity of females and decrease in body weight and increase in body attractiveness; it is thought that females' caring about their diets, positive reactions from the environment and the media are also effective. Participation in physical activity may create positive feelings such as self-confidence and finding themselves attractive in women. In the study about the role of media in women's body attractiveness, % 83 of girls and women has been found to follow media magazines and watch television for 4 hours in a day. It has been determined that women's being slim and beautiful shown in media creates body dissatisfaction in other women (M. Tiggeman, 2002). Self-perception of the adolescent females as aerobic dance and physically was examined in terms of several variables and the body attractiveness of females doing aerobic dance has been found to be higher than the ones not doing exercise (A.J. Daley and J. Buchanan, 1999). In the evaluation of individuals' bodies in the activity by others, it has been found that they feel less anxious than the ones not participating in the activity (C.M.

Sabiston et al. 2003). In the study where self-perceptions about their bodies of fitness experts were examined, it has been found that participation in physical activity affects the person's attitudes towards his body, feelings and behaviours positively (A. Altıntaş and F.F. Aşçı, 2005). The findings of that research show similarity with the study. In the study done with the aim of determining if women who do sports and don't do sports were pleased of their bodies or not, the body dissatisfaction of women not doing sports has been found to be higher than the ones doing sports. Dissatisfaction degree increases with the weight

level (C.J. Davison et al. 2005). The findings of that research show similarity with the study.

In conclusion, a 8-week step-aerobic exercise program was applied to the sedentary women and a decrease has been seen in body weight values. A body attractiveness value has been determined to increase with the loss of weight depending on the exercise. Women cared about their nutrition habits and physical activity. It is thought that they feel more attractive and have more positive thoughts depending on the loss of weight.

Table 1: Age, height and body weight average values of the females in the research.

variables	N	average	Std. Deviation
age	100	37.31	7.506
height	100	162.13	5.832
weight 1	100	77.44	10.971
weight 2	100	72.96	9.736

Table 2: Pre-test and post-test values of females in the research

variables		N	average	Std. Deviation	t	p
body weight	pre-test	100	77.44	10.97	22.317	0.000
	post-test	100	72.96	9.74		
body attractiveness	pre-test	100	9.63	2.533	27.528	0.000
	post-test	100	17.61	2.470		

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THE OPPORTUNITY OF PROMOTING THE CONCEPT OF „BODY AUTOPLASTY USING PHYSICAL EXERCISE”

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Abstract

The work promotes a new concept in the context of „Contemporary world problems”, which are also the threats to individual health plan by the proliferation of modern world diseases (obesity, heart disease, diabetes, inactivity and nutritional consequences), the concept of „body modelling through physical exercise”. World Health Organization statistics show that 17% of the adult population of the world is completely inactive from physical point of view, and a rate of 41% of it is represented by adults who are not moving enough (B.W. Martin, 2006, p. 53-57).

Content, methods, means

Promoting the new concept is done in order to improve quality of life for adults and is a viable alternative to plastic surgery because of the advantages in multiple plans: health, economic, aesthetic, psychological, etc.

The paper proposes to identify and promote the new concept dimensions and its promotion will be done by stimulating psychological resources of the self-consciousness and self-image, in each individual’s awareness of the need for body shaping actions to increase the quality of his life, by experimental means.

Debates, conclusions

Body autoplasty is a necessity for nowadays society and it must become a social reality. The concept of body autoplasty should be perceived as an alternative to plastic surgery methods, area that is nowadays an unprecedented development.

Key words: autoplasty, body modelling, plastic surgery.

Introduction

The work promotes a new concept in the context of „Contemporary world problems”, which are also the threats to individual health plan by the proliferation of modern world diseases (obesity, heart disease, diabetes, inactivity and nutritional consequences), the concept of „body modelling through physical exercise”.

M. Epuran, (2001, p.3.) defines autoplasty as being „an action of modelling the self-being – particularly body modelling – using specific activities”. Autoplastic feature comes from the individual motivation, from the

intention of achieving harmonious body growth and through this achieving a superior self-image”. The term „autoplastic”– represents a „qualification of all reactions or adjustments that aim at modifying one’s own body or aim at changing the environment.” (P. Popescu-Neveanu, 1978, p. 80). For an individual to decide to shape his body so as to obtain a pleasant appearance there has to be the self-consciousness, self-image of themselves and the individual has to possess the means and methods that lead to achieving this goal.