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SATISFACTION AND BODY IMAGE IN THE ELDERLY PERSON: AN INTEGRATIVE LITERATURE REVIEW

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ABSTRACT

Regarding issues related to body image, the elderly population presents itself as an object of relevant research, because it has, due to the naturalness of the passage of time, physical and psychological changes that determine the way of observing the own body. Aiming to reflect on the referred problem, the study proposed here aims to investigate the nuances regarding the subject of body image in the elderly that have been discussed in research at the national level, as well as to demonstrate the understandings and conclusions that these research has made it emerge. Thus, an integrative literature review was carried out. The search process used the following descriptors: "imagem" AND "corporal" AND "idosos". The search was based on abstracts in the cases of SciELO and PePSIC search engines, and in full texts in the case of DOAJ. Once the inclusion and exclusion criteria were applied, the refined results were as follows: 1) SciELO - 6 results; 2) PePSIC - 1 results; and 3) DOAJ - 3 results, totaling 10 works.

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INTRODUCTION

By body image, there is a multidimensional construction that includes internal and external representations about the structures of the human body itself (OLIVEIRA ET AL., 2018; LAUS ET AL., 2014). The perception of body image, on the other hand, reflects the way people see and perceive their own body, and in this sense, it is therefore influenced by physical, psychic, and cultural factors (PEREIRA ET AL., 2008; THOMPSON, 2004). Correlating the measurable and external aspects regarding body image with the subjective and intrinsic aspects seems to be a very recent trend (GIOVANELLI ET AL., 2008). The fact is that the theme of body image is, in general, quite crossed, and has multidisciplinary nuances, thus, discussing the subject in the light of various sciences seems to

be an interesting idea. With regard to issues related to body image, the elderly population presents itself as an object of relevant research, because it has, due to the naturalness of the passage of time, physical and psychological changes that definitely determine the way of observing the body itself (FONSECA ET AL., 2012). It must be said that the human body scheme is dynamic and that the most varied situations can cause it to change (BARROS, 2005). The loss of functional capacity caused by natural wear and tear, along with psychic changes resulting from advancing age, end up adding complexity to the theme of aging and body self-image. Psychological and emotional losses, as well as typical physical changes related to aging, are also negatively affected by concepts and values of society full of stereotypes associated with certain body patterns (CORREIA ET AL., 2018). Body image can suffer serious distortions in these individuals subject

to pressure from society. There is also a constant influence of the media on the perception and satisfaction of the body (SIBILIA, 2012).

MATERIALS AND METHODS

A Literature Review: An integrative review aims to raise empirical or theoretical research and, from them, it is possible to verify not only the general conclusion lines regarding a certain theme but also, how this same theme has been treated by the literature. In this sense, it is reported as a research method since 1980 (MENDES, PEREIRA & GALVÃO, 2008), and has the important function of "gathering and synthesizing research results on a delimited theme or issue, in a systematic and orderly way" (p. 759), as well as to contribute to the general understanding of the investigated topic. The integrative review as a research method allows the elaboration of a synthesis about the investigative status of a given question, and can, with this, help the production and direction of new research in the area, as well as point out gaps that need to be filled with new studies. (MENDES, PEREIRA & GALVÃO, 2008). As specificity of the integrative review under other research methods, such as qualitative review, meta-analysis and systematic review, there is the possibility of integrating different theoretical and empirical research (quantitative or qualitative) on a given topic (SOARES *et al.*, 2013), with the ultimate goal of rigorously synthesizing "findings from primary studies developed through various research designs" (p.336). From the perspective of health care, the integrative review can help to understand phenomena already studied on subjects related to the theme, in order to present the state in which the research on this respective phenomenon is. The integrative review can also contribute to new theoretical developments, as well as assist in the creation of health practices and public policies. The study presented here proposes to ask for the state of the following question: what factors influence the satisfaction of the elderly person with their body image and what understandings the most recent researches on the subject have been emerging?

Study Designs: For our study, the following databases were consulted: PePSIC (Electronic Psychology Journals), SciELO (Scientific Electronic Library Online), and DOAJ (Directory of Open Access Journals). The inclusion criteria were adopted: 1) full articles indexed in journals; 2) published between the years 2015 and 2019; 3) published in Portuguese, Spanish, or English; 4) works whose scope contains, with relevance, the theme of the elderly person's body image and their satisfaction indicators. No geographical limits have been established on the instruments of publication, in order to cover results on a worldwide scale. Such an approach is purposefully broad, thus including theoretical studies, literature reviews, empirical (quantitative, qualitative or mixed), as well as other formats, however, works in the form of theses or complete dissertations, whether undergraduate, master's, and / or doctorate were excluded. No exclusion was made based on the area of study, or by the approach adopted, in order to obtain interdisciplinary results. The exclusion criteria were: 1) productions published in a different timeframe than intended; 2) diverse production of complete articles properly indexed; 3) different theme than intended; 4) productions with a similar theme, but which covered the theme of body image in the elderly person superficially or indirectly; 5) articles that addressed the theme of self-image, but did so with a different

age range. Once the above criteria were established, all the studies that met were selected.

Procedures: The search process used the following descriptors: "image" AND "body" AND "elderly". The search was based on abstracts in the cases of SciELO and PePSIC search engines, and in full texts in the case of DOAJ. The search took place in November 2019 and yielded the following results: 1) SciELO - 13 results; 2) PePSIC - 1 result; and finally, 3) DOAJ - 9 results. Thus, a total of 23 works. Then, the titles and abstracts were read to proceed to the respective selection, according to the inclusion and exclusion criteria already presented. Once the inclusion and exclusion criteria were applied, the refined results were as follows: 1) SciELO - 6 results; 2) PePSIC - 1 results; and 3) DOAJ - 3 results, totaling 10 works. It was found that 2 works, one by PePSIC and the other by DOAJ did not fit the required time frame. Finally, discounting the repetitions, 8 works were selected to compose the corpus of the present review, and their information was categorized, evaluated and synthesized.

RESULTS

The analysis categories are presented as follows: citation and year of publication; periodical and country of publication; concentration area of authors and methodological designs; and main results and conclusions.

Analysis: The present study was carried out using descriptors in Portuguese. Such an option emerges intending to portray the national / Brazilian panorama regarding the theme covered here. However, no exclusion was made due to geographic or linguistic component, and all studies that met the established criteria were selected to compose the corpus. It should also be noted that it was done in order to put itself in favor of interdisciplinarity, making no exclusion due to the area of concentration of authors or the theoretical framework used. Eight studies were selected (N = 8). Of these, 4 studies were published in 2018 (n = 4), 2 in 2012 (n = 2), and finally, 1 study was published in 2014 (n = 1) and 2008 (n = 1), respectively. In total, 33 authors produced a total of 8 studies, resulting in an average of 4.1 authors per study. As for authors who sign more than one study, only Renata BredaMartins; Raquel Rousselet Farias; and Thais de Lima Resende appear with 2 publications each. All other authors signed only one paper each. Regarding the authors' area of concentration, the following results were obtained: physical therapy, present in (3) studies; physical education (3); health sciences (2); aging sciences (1); medicine (1); communication (1); and finally, agronomy (1). It is worth mentioning that the same work was sometimes positioned before more than one area of concentration due to its number of authors. Of the selected studies, 5 were published in English and 3 in Portuguese. All were carried out in Brazilian territory and published by Brazilian journals. Only one journal published more than one result, it is the Revista Brasileira de Geriatria e Gerontologia, which features 2 published articles. All others published only one study each.

DISCUSSION

Pereira *et al.* (2008) carried out a descriptive research with data obtained from a survey. 62 elderly women with more than 65 years of age who practiced water aerobics for at least five years participated in the study. The purpose of this study was

to investigate the prevalence of dissatisfaction with body image in a group of active elderly women and to relate the findings to anthropometric indicators that are widely used in the scientific and clinical field. From the results obtained in that study, it was found that 25.8% of the elderly are satisfied with their image, 1.6% being dissatisfied due to the perception of thinness and the majority, 72.6%, dissatisfied because they are overweight. Sibilía (2012) developed an exploratory research with data obtained from a bibliographic study. In this study, the author discusses the role of the media as a trainer of concepts in the popular imagination regarding the notions of “beautiful” and “youth”. According to the author, in the era of the “cult of the body” new frontiers are being established concerning the function and form of that same body. In this track, new sciences have been working intending to make you immune to diseases and the shortages of old age, thus, the “old body” comes to be perceived as the ugly and the one that can be fixed. Such a recipe for success is, of course, restricted to those who can pay for it

Farias *et al.* (2018) published a cross-sectional, analytical, and prospective study, whose purpose was to relate the prevalence of satisfaction with body image in the elderly with the socio-demographic, functional and clinical aspects of this same group of elderly people. To this conclusion, a sample of 532 elderly people from all 30 health districts (health units) in the city of Porto Alegre - RS was used. The following results were obtained: most of the research participants are dissatisfied with their body image (92.5%), of the dissatisfied, 71.7% are women. According to the study, dissatisfaction with body image is related, among other factors, to at least time devoted to physical exercises. The study published by Martins *et al.* (2018) derives from the results of the same field research conducted by Farias *et al.* (2018). It aims to determine the prevalence of satisfaction with the body image of this group of elderly people along with nutritional characteristics, anthropometric indicators and quality of life. According to the study, satisfaction with the body image of the elderly surveyed tends to be prevalent when body mass indexes (BMI) are lower, as well as the rate of arm circumference. The same satisfaction rates also seem to be related, according to the authors, with a higher quality of life.

Fonseca *et al.* (2012) presented the results of a descriptive study with data obtained from experimental research. The objective was to evaluate the effects of perceptual body stimulation on the body scheme of the elderly participants. Thus, the measures of perception of body dimensions were measured before and after a program of perceptual stimulation. It was found, after the experiment, that perceptual stimulation is capable of promoting positive changes regarding the perception of the body itself, however, for a better intervention and use of the tool, it is suggested that it be performed with a specific focus in areas of the body with higher rates of distortion. Correia *et al.* (2018) proposed a study that aimed to assess the Body Image Perception (BIP) of elderly residents in the city of Campina Grande - PB, and its relationship with different anthropometric and body composition indicators. This is a household, cross-sectional, analytical, and prospective study, where 420 elderly people were interviewed. Of these, 11 elderly people did not respond to the survey; 230 declared to be satisfied with the silhouette itself; 179 said they were not satisfied with it. According to the study, high BIP rates seem to be more associated with body dissatisfaction than those eutrophic elderly. Women were also more prone to body

dissatisfaction than men. Ferreira; Neves; Tavares (2014) presented a descriptive study with data obtained from field research. This study aimed to translate and verify the validity of the Body Appreciation Scale (BAS) and Aging Perception Questionnaire (APQ) measurement tools for elderly Brazilians. For this, a sample of 606 elderly people, aged 60 to 98 years was used. The elderly were invited to participate voluntarily. The research found the presence of good indexes of internal consistency and convergent, discriminant, concurrent, and divergent validity in both tools, concluding, finally, their aptitude to be used with elderly Brazilians. Finally, Oliveria *et al.* (2018) presented an observational field study and cross-sectional design, whose objective was to identify the factors associated with dissatisfaction with the body image of elderly bodybuilders. A sample of 174 elderly people was used for research purposes. After analyzing the data obtained, it was observed that 82.2% of the elderly bodybuilders were satisfied with their body image. The study also observed the existence of a relationship between satisfaction with body image with the presence of retirement, of study activities, and with a longer time of bodybuilding training.

Conclusion

It is necessary to realize the importance of the factors involved in the elderly person's body image. It can be said that, in order to implement strategies aimed at maintaining adequate health for these populations, both anthropometric patterns regarding body image and the subjective perceptual sphere about it must be observed and taken into account. The studies selected here matches with each other on several topics. The perception of body image is not always in agreement with what the physical designs demonstrate, and may emerge differently. Factors such as occupation by work, habitual stress, and foster care seem to help to define the way the elderly perceive themselves. Perceptual stimulation tools and programs seem to help bridge the gap between anthropometric measurements and subjective perception of the body itself. In general, the feeling of bodily satisfaction seems to be associated with the frequency of physical activities, good nutrition, the presence of paid work or retirement, as well as the presence of social ties. In the research that is shown here, women seemed to have a greater propensity for dissatisfaction with their bodies, and on the same mat, the measurements of the arms and waist seem to be the most determinant for the formation of their opinions. Besides, it should be noted that the effects of old age seem to be moderated from the practice of physical exercises, however, the loss of functional capacity is a topic that deserves to be addressed, as it significantly changes the way the elderly perceives his own body. The cult of the “young body” that needs to be reprogrammed and stretched, as propagated by the media, seems to be definitely decisive for the subjective construction that the elderly person does of himself.

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ANEXES

Table 1.

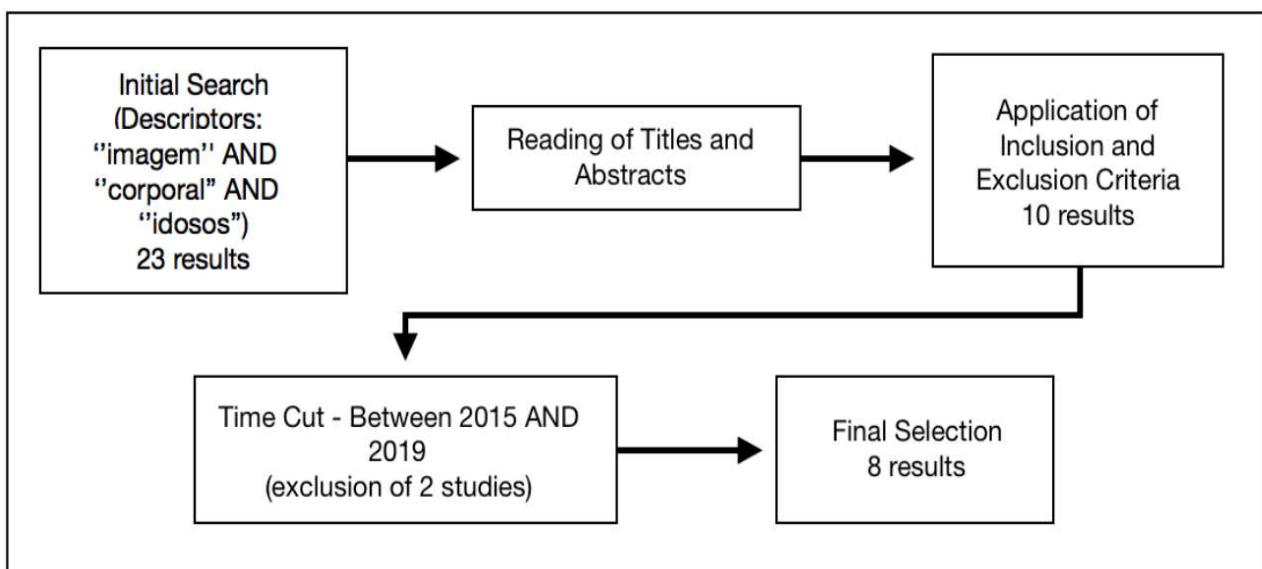


Table 2.

N°	Citation/ Year	Journal / Country of Publication	Authors' Concentration Area / Methodological Designs	Main Results and Conclusions
1	Pereira et al. (2008)	Revista de Psiquiatria Clínica / Brazil	Physical Education; Agronomy / Descriptive research with data obtained from a survey.	The high number of elderly women dissatisfied with their body image is worrying, and many of them, to avoid self-exposure, avoid leaving home. Waist circumference and tricipital skinfold seem to be the measures with the greatest influence on the body image of the elderly. Active elderly people have a better understanding of their body image and their physiological, psychological and social individualities concerning sedentary elderly people. It reflects on the codes of good looks that contribute to the contemplation of old age as a 'shameful body state'.
2	Sibilia (2012)	Comunicação, Mídia e Consumo / Brazil	Communication / Exploratory research with data obtained from a bibliographic study.	The analysis is based on contributions emerging from the media and communication sectors, which contribute to the implicit censorship of the "ugly" and the "outdated". The elderly body as an ideal to be smoothed, purified, and plasticized. The search for eternal youth as an ideal propagated by the media.
3	Farias et al. (2018)	Dementia & Neuropsychologia / Brazil	Health Sciences / Cross-sectional, analytical, and prospective study.	The objective was to relate the prevalence of satisfaction with body image in the elderly with sociodemographic, functional and clinical aspects. The vast majority of the 532 elderly people participating in the survey showed to be dissatisfied with their body image (92.5%). Among women, the rate reaches 71.7%. Dissatisfaction with body image is enhanced by the shades of aging itself, such as hair loss or gray hair, loss of functional capacity, and increased body pain. In general, satisfaction with body image in these populations is related to greater muscle strength and engagement in physical activities. Likewise, satisfaction rates were higher in men than in women.
4	Martins et al. (2018)	Revista Brasileira de Geriatria e Gerontologia / Brazil	Health Sciences; Medicine / Cross-sectional, analytical, and prospective study.	The objective was to relate the prevalence of satisfaction with body image in the elderly with nutritional aspects, anthropometric indicators and quality of life. Research carried out with 532 elderly people, mostly women (64.8%), who showed that they were mostly dissatisfied with their bodies (71.7). In general, the prevalence of satisfaction with body image was around 31%. The theme is directly related to the problem of obesity and overweight, and elderly people with body mass indexes considered normal are 3.6 times more likely to be satisfied with their own body. The study also found that the higher the quality of life to which the elderly are submitted, the greater the prevalence of body satisfaction.
5	Fonseca et al. (2012)	Revista Brasileira de Geriatria e Gerontologia / Brazil	Physiotherapy; Physical Education; Aging Sciences / Descriptive study with data obtained from experimental research.	Objetivou-se verificar os efeitos e a mudança das percepções, antes, e após a realização de atividades de estimulação corporal perceptual sobre o esquema corporal da pessoa idosa. O estudo ressalta a influência do exercício físico para a percepção corporal. O estudo ressalta, inclusive, que os idosos avaliados já apresentavam índices de percepção corporal (IPC) dentro da normalidade antes mesmo do processo de estimulação corporal. O mesmo, se deu, provavelmente, devido ao fato dos idosos já fazerem exercícios físicos regularmente. Os resultados do estudo demonstraram que o programa de intervenção corporal pode trazer benefícios para os sujeitos participantes, mas é necessário que a estimulação tenha um foco mais particular conforme as características perceptivas de cada indivíduo.
6	Correia et al. (2018)	Revista Brasileira de Cineantropometria e Desempenho Humano / Brazil	Physiotherapy / Home, cross-sectional, analytical, and prospective study	The objective was to evaluate the Body Image Perception (PIC) of a given elderly population and its relationship with different anthropometric and body composition indicators. 420 elderly people were interviewed (68.1% women), of whom 409 reported on the perception of real body image. Regarding the perception of idealized body image, 11 elderly people did not respond and 230 were satisfied since 179 wanted another silhouette. Elderly people with BMI indicative of overweight/obesity had a greater chance of dissatisfaction with their body image in relation to those eutrophic. Women were more likely to be dissatisfied with their body image. Thus, it is observed that the variables BMI, DCT and sex were independently associated with satisfaction with body image. The objective of this study was to translate and validate the Body Appreciation Scale (BAS) and Aging Perception Questionnaire (APQ) for the elderly Brazilians.
7	Ferreira; Neves; Tavares (2014)	Motriz, Revista de Educação Física / Brazil	Physical Education / Descriptive study with data obtained from field research.	The objective of this study was to translate and validate the Body Appreciation Scale (BAS) and Aging Perception Questionnaire (APQ) for elderly Brazilians. For this purpose, 606 elderly people were invited to the research. A good fit for the original model of APQ and for a new two-factor model of BAS was observed after the analysis of the data obtained. Satisfactory evidence of internal consistency, convergent, discriminant, concurrent and divergent validity was observed here. BAS and APQ seem to be valid and reliable instruments for use by Brazilian researchers in studies on the subject in the elderly.
8	Oliveira et al. (2018)	Fisioterapia em Movimento / Brazil	Physiotherapy / Observational field study and cross-sectional design	The objective was to identify the factors associated with dissatisfaction with the body image of elderly bodybuilders. To this end, a group of 174 elderly people were invited to participate in the research. There was an absence of body dissatisfaction in the majority of the elderly (82.2%), all practitioners of weight training. In general, body satisfaction can be associated with factors such as retirement; study and reading; self-perception of health; and body self-perception. Finally, through the results obtained, it can be concluded that the sociodemographic factors can be considered as intervening in body dissatisfaction in elderly bodybuilders.
