Promoção da Saúde
DOI: 10.17765/2176-9206.2025v18e12913

Body satisfaction and motivation of women practitioners of strength training

Satisfação corporal e motivação de mulheres praticantes de treinamento de força

Bruno Fernando de Souza Tavares[1], Renato Augusto Mariotto[1], Elaine Cristina Costa Lopes[1], José Roberto Andrade do Nascimento Júnior[2], Daniel Vicentini de Oliveira[3*]

[1]Department of Health Promotion, Academic Master's Program in Health Promotion, Cesumar University (UNICESUMAR), Maringá (PR), Brazil, [2]Department of Physical Education, Academic Master's Program in Physical Education, Federal University of San Francisco Valley (UNIVASF), Petrolina (PE), Brazil, [3]Department of Physical Education, State University of Maringá (UEM), Maringá (PR), Brazil.

***Corresponding author**: Daniel Vicentini de Oliveira – *Email*: d.vicentini@hotmail.com

ABSTRACT
This cross-sectional study analyzed the relationship between body satisfaction and motivation among 50 women who practice strength training. The data collected through a sociodemographic questionnaire, the Exercise Motivations Inventory, and the Situational Body Satisfaction Scale were meticulously analyzed using descriptive and inferential statistics ($p < 0.05$). The study's findings revealed that older women reported lower satisfaction with their muscles and higher motivation for affiliation. For women with higher incomes, affiliation was a more critical factor for engaging in training. Correlations were found between body dissatisfaction and motivation for weight control, external aspects for satisfaction with physical appearance, and muscles for reasons related to physical condition. The study also found that body satisfaction among women in strength training was associated with autonomous reasons, resulting in pleasure and well-being. At the same time, motivation focused on external factors linked to body dissatisfaction. The scientific rigor of this study ensures the validity and reliability of its findings, providing confidence to professionals in sports psychology, exercise science, and women's health.

Keywords: Motor activity. Health. Exercise. Sport psychology.

RESUMO
Este estudo transversal teve como objetivo analisar a relação entre satisfação corporal e motivação de 50 mulheres que praticam treinamento de força. Os dados foram coletados por meio de um questionário sociodemográfico, do Inventário de Motivações para o Exercício e da Escala Situacional de Satisfação Corporal. Os dados foram analisados pela estatística descritiva e inferencial ($p < 0,05$). Mulheres mais velhas apresentaram menor satisfação com seus músculos e maior motivação por afiliação. Para mulheres com maior renda, a afiliação é um fator mais crítico para a prática do treinamento. Foram encontradas correlações entre insatisfação corporal e motivação pelo controle de peso, partes externas para a satisfação com a aparência física, e músculos com as razões de condição física. A satisfação corporal das mulheres praticantes de treinamento de força está relacionada a razões autônomas, que resultam em prazer e bem-estar. A motivação focada em fatores externos está associada à insatisfação corporal.

Palavras-chave: Atividade motora. Saúde. Exercício. Psicologia do esporte.

INTRODUCTION

Women rarely feel confident enough to consider themselves beautiful. Related to this is the media, which sets the standards for an ideal of beauty (especially for women) and makes the pursuit of body satisfaction one of the main occupations and concerns in life today[1,2].

Body satisfaction, a crucial aspect of body image, is more than an individual's perception. It has a profound impact on society, influencing behavior and well-being. It can be defined as the cognitive and affective evaluations an individual has about their entire body and its parts, taking into account all its characteristics, such as size, shape, weight, and muscle mass, among others[3]. This societal impact of body satisfaction, which depends on physiological, psychological, and social processes, is a crucial reason why this study is so important. It can influence individuals' societal behavior[4,5].

On the other hand, body dissatisfaction limits individuals' positive bodily experiences and can affect their health[6,7]. Research indicates that dissatisfaction is related to low self-esteem8,9, depressive symptoms[10,11], and eating disorders[12,13], among other factors. Thus, resources such as physical exercise, healthy and balanced nutrition, and pharmacological and even surgical means7 are increasingly utilized to reverse this dissatisfaction.

Physical exercise stands out as the alternative that provides benefits in terms of aesthetics and a noticeable increase in physical and psychological health[14]. A study involving women in strength training showed that more than half reported no dissatisfaction with their body image, explaining that the longer they exercise, the higher their self-esteem[4].

Thus, strength training can be highlighted as a modality that serves as a means to change lifestyle habits for women, bringing results for their body satisfaction due to the physical changes the activity promotes[4]. Consequently, given these positive results, interest and frequency in the activity strengthen, arousing greater motivation for the modality[15].

Motivation refers to intentional actions aimed at a goal regulated by environmental and personal factors[16]. The most prominent theory in the study of motivation is the Self-Determination Theory[17,18], which posits that motivation develops through a continuum of six regulations ranging from lack of motivation (motivation) to more controlled or autonomous regulations. Thus, the more internalized the motivation, the more autonomous the person is in implementing behaviors[19].

External regulation is the most irrelevant form of motivation, in which individuals act under the control of external factors such as rewards, social recognition, or to avoid punishments. In introjected regulation, behavior is controlled by internal pressures caused by extrinsic influences. In identified regulation, there is a perception that the behavior is relevant to one's life. Integrated regulation involves recognizing and integrating the importance with other aspects of the self. Finally, intrinsic regulation involves activities performed simply for the satisfaction of doing them, representing a perfect self-determined style[16,17].

Several studies have highlighted body satisfaction and motivation in the literature[3,15]. However, although there is a good understanding of these constructs separately, their relationship has been relatively unexplored. This study aims to contribute to understanding the relationship between body satisfaction and motivation among women who practice strength training. The findings presented here can serve as a foundation for professional practice in the exercise setting, aiming to improve the psychological health of practitioners.

This study aimed to analyze the relationship between body satisfaction and motivation among women who practice strength training while also comparing body satisfaction and motivation based on age, monthly income, practice duration, weekly frequency, and participation in other modalities.

METHODOLOGY

This quantitative, observational, cross-sectional study was approved by the Research Ethics Committee of Centro Universitário de Maringá under protocol number 1.694.517. The sample was defined using non-probabilistic,

intentional convenience sampling and consisted of 50 women who practice strength training. Inclusion criteria included being over 18 years old, practicing strength training for at least six months, and training thrice weekly. Women who did not complete the questionnaires in full or did not sign the Informed Consent Form were excluded.

A sociodemographic questionnaire was used to collect information on age, marital status, race, education level, monthly income, self-perceived health, practice duration, weekly training frequency, and participation in other sports.

The Exercise Motivations Inventory (EMI-2) developed by Markland and Ingledew[20], translated and adapted by Guedes, Legnani, and Legnani[21], was used to gather information related to exercise motivation. The EMI-2 identifies, scales, and ranks factors according to physical exercise's intrinsic and extrinsic motivation continuum. It consists of 44 items grouped into ten motivations for exercise: fun and well-being, stress control, social recognition, affiliation, competition, health rehabilitation, disease prevention, weight control, physical appearance, and physical condition. Items are rated on a 6-point Likert scale (0 = "not true at all" to 5 = "completely true"), starting with the statement " I practice (or could practice) physical exercise." The items showed a minimum Cronbach's alpha score of 0.738, indicating satisfactory internal consistency and valid factorial indices[21].

Body image satisfaction was assessed using the Situational Scale of Body Satisfaction – ESSC[22]. This instrument comprises 22 questions divided into four dimensions: dissatisfaction and fat, external parts, satisfaction and muscles, and lower parts. Responses are given on a Likert scale (1-5), where higher scores indicate greater body image satisfaction. Exploratory factor analyses yielded satisfactory results, with Cronbach's alpha coefficients ranging from 0.65 to 0.82 for the four factors[22].

The study was conducted from May to July 2019 at a strength training gym in central Maringá, Paraná, Brazil. Initially, permission was obtained from the gym management to collect data. Participants were approached at various times and days and informed about the research's purpose, and those who agreed to participate signed the ICF. Subsequently, participants completed the instruments individually, taking approximately 10 minutes per person.

Data analysis was conducted using SPSS 23.0 software, employing descriptive and inferential statistical approaches. Frequency and percentage were used as descriptive measures for categorical variables. For numerical variables, normality was assessed using the Shapiro-Wilk test. Since the data did not follow a normal distribution, Median (Md) and Quartiles (Q1; Q3) were used to measure central tendency and dispersion.

A comparison of body satisfaction and motivation for strength training practice across different age groups and participation in other sports was performed using the Kruskal-Wallis test. For comparisons based on monthly income, the Mann-Whitney U test was applied. The correlation between variables was examined using the Spearman coefficient. A significance level of $p < 0.05$ was adopted for all analyses.

RESULTS

The research involved 50 women practicing resistance training, aged between 20 and 49 years, with a mean age of 37.0 ± 8.7 years. It was observed that the majority of participants were over 30 years old (72.0%), in a relationship (56.0%), of White ethnicity (90.0%), with a completed college education (68.0%), and had monthly income above three minimum wages (62.0%). It reported good health perception (68.0%). It is noteworthy that most women had been practicing resistance training for more than three years (78.0%), with a weekly frequency of at least three times (60.0%), and solely practiced this exercise modality (64.0%).

According to the data from Table 1, participants reported a moderately high score in dissatisfaction and fat (Md = 2.9), with the dimension where women showed the highest body satisfaction being external parts (Md = 3.5), followed by satisfaction with muscles (Md = 3.1) and lower parts (Md = 2.8). Regarding motivations for resistance training (Table 1), the main reasons reported by women were disease

prevention (Md = 5.0), fun and well-being (Md = 4.6), physical condition (Md = 4.5), stress control (Md = 4.1), physical appearance (Md = 4.0), and weight control (Md = 4.0).

Table 1. Descriptive analysis of body satisfaction and exercise motivation among strength exercise practitioners in Maringá, Paraná, Brazil.

VARIABLES	Md	Q1-Q3
Body satisfaction		
Dissatisfaction and fat	2.9	2.2-3.3
External parts	3.5	2.8-3.8
Satisfaction and muscles	3.1	2.3-3.6
Lower parts	2.8	2.3-3.1
Exercise motivation		
Disease prevention	5.0	4.2-5.0
Physical condition	4.5	4.0-5.0
Weight control	4.0	3.2-4.3
Appearance	4.0	3.5-4.6
Stress control	4.1	3.4-5.0
Fun and well-being	4.6	4.0-4.9
Affiliation	3.3	2.0-4.0
Health rehabilitation	1.8	0.6-2.9
Competition	2.3	1.8-3.1
Social recognition	0.9	0.0-2.3

Md: median.

When comparing body satisfaction and motivation for resistance training among women based on age groups (Table 2), significant differences were found between groups only in satisfaction with muscles (p = 0.014) and affiliation motivation (p = 0.046). Notably, women aged 40 and above perceived themselves as less satisfied with their muscles and reported a higher affiliation motivation than younger women.

Table 2. Comparison of body satisfaction and exercise motivation among strength exercise practitioners in Maringá, Paraná, Brazil.

VARIABLES	Age range			*P*
	20 to 29 years old (n=14)	30 to 39 years old (n=13)	40 years or older (n=23)	
	Md (Q1-Q3)	Md (Q1-Q3)	Md (Q1-Q3)	
Body satisfaction				
Dissatisfaction and fat	2.9 (2.0-3.5)	2.9 (2.1-3.4)	3.0 (2.4-3.4)	0.708
External parts	3.5 (2.9-3.8)	3.5 (2.8-3.9)	3.5 (2.8-4.0)	0.982
Satisfaction and muscles	3.4 (2.4-4.0)	3.5 (3.1-3.6)	2.7 (2.3-3.1)[a]	**0.014***
Lower parts	3.0 (2.3-3.3)	2.8 (2.1-3.0)	2.8 (2.3-3.3)	0.700
Exercise motivation				
Disease prevention	5.0 (3.9-5.0)	5.0 (4.4-5.0)	5.0 (4.2-5.0)	0.607
Physical condition	4.8 (3.7-5.0)	4.8 (4.0-5.0)	4.5 (4.0-5.0)	0.619
Weight control	4.0 (2.7-4.1)	4,0 (3.1-4.5)	4.0 (3.3-4.3)	0.916
Appearance	4.0 (3.8-5.0)	3.8 (3.4-5.0)	4.0 (3.3-4.2)	0.248
Stress control	4.3 (3.0-4.8)	4.5 (4.0-5.0)	4.0 (3.3-5.0)	0.474
Fun and well-being	4.4 (3.8-4.8)	4.6 (4.1-5.0)	4.8 (4.0-5.0)	0.407
Affiliation	2.6 (0.4-4.0)	3.0 (1.6-3.3)	3.8 (2.5-4.0)[b]	**0.046***
Health rehabilitation	1.6 (0.0-2.4)	1.6 (0.6-2.6)	2.5 (1.6-3.7)	0.080
Competition	2.1 (1.5-3.0)	2.6 (1.6-3.5)	2.2 (1.8-3.4)	0.578
Social recognition	0.4 (0.0-2.3)	1.8 (0.3-2.3)	0.8 (0.0-2.5)	0.604

*Significant difference - $p<0.05$ (Kruskal-Wallis test) between: a, b) 40 years or older with 20 to 29 years and 30 to 39 years.
Md: median.

When body satisfaction and exercise motivation among resistance training practitioners were compared based on monthly income (Table 3), a significant difference was observed between groups only in affiliation motivation ($p = 0.036$). This indicates that affiliation is a more critical factor for women with a monthly income above three minimum wages (Md = 3.5) for exercise practice than for women with lower monthly incomes.

Table 3. Comparison of body satisfaction and exercise motivation among strength training practitioners in Maringá-PR based on monthly income.

VARIABLES	Minimum wage		P
	Up to 3MW (n=19)	More than 3 MW (n=31)	
	Md (Q1-Q3)	Md (Q1-Q3)	
Body satisfaction			
Dissatisfaction and fat	2.7 (2.0-3.3)	3.0 (2.3-3.6)	0.138
External parts	3.5 (2.8-3.8)	3.5 (2.8-4.0)	0.657
Satisfaction and muscles	3.1 (2.3-3.5)	3.0 (2.3-3.6)	0.674
Lower parts	3.0 (2.5-3.5)	2.8 (2.3-3.0)	0.094
Exercise motivation			
Disease prevention	5.0 (3.7-5.0)	5.0 (4.8-5.0)	0.122
Physical condition	4.5 (4.0-5.0)	4.5 (4.0-5.0)	0.613
Weight control	3.8 (3.3-4.3)	4.0 (3.0-4.0)	0.935
Appearance	3.8 (3.3-4.0)	4.0 (3.5-4.0)	0.107
Stress control	4.0 (3.3-5.0)	4.3 (3.8-5.0)	0.617
Fun and well-being	4.6 (4.0-4.8)	4.8 (4.0-5.0)	0.384
Affiliation	2.3 (0.8-4.0)	3.5 (2.5-4.0)	**0.036***
Health rehabilitation	1.7 (0.0-2.8)	2.0 (1.6-3.0)	0.335
Competition	2.0 (1.0-3.4)	2.5 (2.0-3.0)	0.372
Social recognition	0.5 (0.0-3.3)	1.3 (0.3-2.3)	0.998

*Significant difference – $p < 0.05$ (Mann-Whitney U test).
MW: minimum wage.

No significant difference was found in the comparison of body satisfaction and motivations for resistance training ($p > 0.05$) based on practice duration and frequency, suggesting that these factors do not appear to intervene significantly in body satisfaction and exercise motivations among women who practice resistance training.

When comparing body satisfaction and exercise motivations among resistance training practitioners based on participation in another exercise (Table 4), a significant difference was observed between groups only in affiliation motivation ($p = 0.005$). This indicates that women who also participated in another exercise (Md = 4.0) reported higher scores than women who only practiced resistance training (Md = 3.0).

Table 4. Comparison of self-esteem and exercise dependence among strength training practitioners in Maringá-PR based on participation in another exercise modality.

VARIABLES	Practice of another modality		*P*
	Yes (n=18)	No (n=32)	
	Md (Q1-Q3)	Md (Q1-Q3)	
Body satisfaction			
Dissatisfaction and fat	3.1 (2.4-3.3)	2.9 (2.1-3.6)	0.656
External parts	3.5 (2.8-3.8)	3.5 (3.0-3.9)	0.967
Satisfaction and muscles	2.8 (2.3-3.4)	3.3 (2.6-3.6)	0.194

Lower parts	2.8 (2.4-3.0)	2.9 (2.1-3.3)	0.935
Exercise motivation			
Disease prevention	4.7 (4.0-5.0)	5.0 (4.8-5.0)	0.144
Physical condition	4.4 (4.0-5.0)	4.5 (4.0-5.0)	0.587
Weight control	4.0 (2.9-4.3)	4.0 (3.3-4.2)	0.951
Appearance	3.9 (3.5-4.3)	4.0 (3.3-4.9)	0622
Stress control	4.0 (3.3-4.6)	4.5 (3.8-5.0)	0.114
Fun and well-being	4.1 (4.0-5.0)	4.7 (4.0-4.8)	0.594
Affiliation	4.0 (2.9-4.0)	3.0 (0.9-3.5)	**0.005***
Health rehabilitation	2.6 (1.5-3.7)	1.6 (0.6-2.6)	0.079
Competition	2.4 (1.8-3.4)	2.3 (1.1-3.0)	0.746
Social recognition	1.9 (0.0-3.4)	0.6 (0.1-1.9)	0.213

*Significant difference – $p < 0.05$ (Mann-Whitney U test).
MW: minimum wage.

When analyzing the correlation between body satisfaction and exercise motivations (as shown in Table 5), several statistically significant correlations ($p < 0.05$) were identified. It was found that body dissatisfaction had a moderate positive correlation with weight control motivation ($r = 0.44$), indicating that greater body dissatisfaction is associated with higher motivation to control weight through exercise.

Table 5. Correlation between body satisfaction and exercise motives among strength training practitioners.

Exercise motivation	**Body satisfaction**			
	Body dissatisfaction and fat	External pants	Muscle satisfaction	Lower body
Disease prevention	-0.08	0.03	0.08	0.01
Physical condition	-0.07	0.02	**0.25***	0.10
Weight control	**0.44***	0.01	-0.09	0.14
Appearance	0.14	**-0.25***	0.14	-0.19
Stress management	0.05	-0.09	**0.28***	-0.19
Fun and well-being	-0.06	0.04	0.20	-0.03
Affiliation	0.09	0.01	-0.20	0.16
Health rehabilitation	0.21	-0.17	**-0.28***	0.12
Competition	-0.08	-0.15	-0.08	0.14
Social recognition	0.18	0.08	0.06	**0.24***

*Significant correlation: $p < 0.05$. Spearman correlation.

Furthermore, satisfaction with external body parts showed a negative correlation with physical appearance motivation ($r = -0.25$), suggesting that higher satisfaction with external appearance is linked to lower motivation for enhancing physical appearance through exercise. Additionally, satisfaction with muscles correlated positively with motivations related to physical condition ($r = 0.25$), stress control ($r = 0.28$), and negative with health rehabilitation ($r = -0.28$). This implies that higher muscle tone and weight satisfaction are associated with greater motivation for physical fitness, stress management, and health recovery through exercise. Lastly, satisfaction with lower body parts correlated positively with social recognition motivation ($r = 0.24$), indicating that greater satisfaction with lower body appearance is linked to higher motivation for social recognition through exercise.

DISCUSSION

This study analyzed the relationship between body satisfaction and motivation among women who practice resistance training. The findings demonstrated that body satisfaction and motivation could be influenced by age group, monthly income, and participation in other exercise modalities. In contrast, the duration of practice and weekly frequency were not intervening factors. Additionally, motivations for exercise showed varying relationships with body satisfaction.

The primary finding of this study highlights the associations between motivation and body satisfaction. Body dissatisfaction and fat exhibited a positive relationship with motivation for weight control, indicating that women who are more dissatisfied with their bodies are more likely to turn to resistance training to reduce weight. Furthermore, satisfaction with external body parts was negatively associated with motivation for appearance. This result suggests that when women feel content with their hair, face, and skin, motivation towards appearance enhancement through exercise becomes less significant.

These results demonstrate that aesthetic motivational factors (weight control and appearance) are directly linked to (dis)satisfaction with body image. This outcome may be explained by the imposed stereotype of tall and slim women, which differs from the typical Brazilian body type characterized by average height and prevalence of curves and measurements[2]. Consequently, women pursue exercise to achieve this stereotype; however, these aesthetic motivations are predominantly extrinsic and not associated with long-term adherence[16].

The dimension of satisfaction with muscles showed a positive association with physical condition and stress management. This finding indicates that women who are more satisfied with their muscles are more oriented towards reasons related to physical fitness and stress management, which are focused on physical and psychological health rather than aesthetic standards. Ednie and Stibor's findings[23] suggest that motivations for physical fitness and stress management through exercise appear to be integrated or even intrinsic motivations. Therefore, body satisfaction seems linked to autonomous motivations that lead to pleasure and well-being[16].

Furthermore, satisfaction with lower body parts exhibited a positive relationship with social recognition, indicating that women more satisfied with their lower limbs are more likely to exercise to showcase their values to others. This finding can be explained by the feminine aesthetic model, which includes muscular legs, prompting women to undergo resistance training to achieve muscular definition, especially in the thighs and glutes[24]. In other words, social context pressures women to adopt extrinsic motivation, driving them to pursue these standards for recognition within societal norms.

Additionally, the results indicated that affiliation motivation was higher among older women and those with higher monthly incomes. This finding supports Liz et al.[25] research, which found that affiliation motivation becomes increasingly essential with age. This could be understood in light of higher rates of depression among older individuals, where exercise serves as a means to enjoy social interaction, contributing to improved quality of life[25]. Socioeconomic factors may also be linked to age, as stability in professional life often occurs around 40[25].

Affiliation motivation was also higher for women who engage in another exercise modality. The pursuit of multiple modalities can be explained by providing these women with more than one environment where they can meet their basic psychological needs and achieve more self-determined levels of motivation[16,19].

Affiliation is an interpersonal motivational factor generally recognized as a representation of intrinsic motivation, as it is not fundamentally rewarded or externally supported[23]. Moreover, according to Self-Determination Theory, affiliation aligns with basic psychological needs (autonomy, competence, and social relations). When these needs are continuously satisfied, individuals may experience high-quality motivation and activity engagement, improving performance, increased persistence, and creativity[19].

On the other hand, body satisfaction showed differences only in satisfaction with muscles, which was higher for younger women. This finding may be explained by the age-related decrease in muscle mass and stiffness4, which leaves older women more dissatisfied. In a systematic review, Silva and Carminha[26] suggest that the aging process significantly impacts body image formation due to these biopsychosocial factors[2].

Lastly, the data demonstrated that the duration of practice and weekly frequency were not intervening factors in body satisfaction and exercise motivation. Contrary to what was expected, some studies have shown that individuals with longer practice times exhibit higher motivation in more intrinsic regulations[27,28]. These findings may be related to sample-specific characteristics, and further research is needed to explore these differences.

Despite the contributions, some limitations must be acknowledged: firstly, using a cross-sectional method prevents causal inferences. Additionally, the sample size limitation hinders using more robust statistical methods. Lastly, it should be noted that only strength training practitioners participated, making it impossible to extrapolate the results to women practicing other exercise modalities. Recognizing these limitations, the current data provide substantial evidence and warrant further investigation in future research. Therefore, future studies should consider larger samples, include other exercise modalities, adopt longitudinal designs, and employ more complex statistical analyses.

Furthermore, for future research, it would be interesting to explore the relationship between body satisfaction and motivation across different age groups and levels of experience in strength training, as well as considering variables such as socioeconomic and cultural factors. Investigating the impact of specific strength training programs on women's mental and emotional health could provide a more comprehensive understanding of the psychological benefits. Additionally, longitudinal studies that follow practitioners over time could help identify changes in body perception and motivation and the factors influencing continuous adherence to exercise. These investigations would help better contextualize current findings and identify areas for further exploration, contributing to developing more effective and personalized interventions.

CONCLUSION

In conclusion, body satisfaction among women practicing strength training is associated with autonomous motives, resulting in pleasure and well-being, while motivation focused on external factors correlates with body dissatisfaction. Affiliation emerged as a more significant motive for older women with higher incomes who engaged in multiple exercise modalities, highlighting the importance of supportive environments for these individuals. Furthermore, satisfaction differed only about muscles, being lower for older women, indicating that the aging process may impact body satisfaction. Contrary to existing literature, neither the duration of practice nor weekly frequency showed influences on body satisfaction and exercise motivations, suggesting a need for further investigation to explore this aspect.

The study's findings highlight the importance of strength training for body satisfaction and personal motivation. Strength training contributes to a positive body image and elevated self-esteem among women. This impacts society by promoting the acceptance of diverse body types and reducing the pressure to achieve unrealistic beauty standards. For health professionals, this information is valuable for developing exercise programs that improve physical and psychological well-being, encouraging long-term adherence, and enhancing the quality of life for participants.

The importance of this topic for the population is significant, especially in health promotion and disease prevention. Focusing on body satisfaction and motivation through strength training substantially improves women's self-esteem and psychological well-being and plays a crucial role in physical health. Regular strength exercise reduces the risk of chronic diseases such as type 2 diabetes, hypertension, and cardiovascular diseases while improving

bone density and muscle function. Additionally, muscle strengthening can be an effective strategy for weight management and obesity prevention, which are risk factors for various health issues. By addressing body satisfaction and motivation, health professionals can create more effective and engaging exercise programs, promoting a healthier and more sustainable lifestyle. This approach supports physical health and enhances overall quality of life and well-being, underscoring the importance of strength training as an essential tool in health promotion and disease prevention.

REFERENCES

1 Tiggemann M, Hayden S, Brown Z, Veldhuis J. The effect of Instagram "likes" on women's social comparison and body dissatisfaction. Body Image. 2018;26:90-7. doi: 10.1016/j.bodyim.2018.07.002.

2 Nascimento EGC, Sena, PRC, Jacob LMS, Maia EMC. A construção social do corpo: como a perseguição do ideal do belo influenciou as concepções de saúde na sociedade brasileira contemporânea. Mudanças. 2019;27(1):53-61.

3 Grogan S. Body image: Understanding body dissatisfaction in men, women, and children. Taylor & Francis, 2016.

4 Freitas PF, Oliveira PSP, Rosário VHR, Triani FS. Nível de Satisfação com a Imagem Corporal de Mulheres Praticantes de Musculação. RBPFEX. 2018;12(80):1063-8.

5 Monteiro GN, Silva SR, Araújo ND, Aburachid LMC. Nível de (in) satisfação corporal de mulheres praticantes de treinamento em circuito. Pensar Prática. 2018;21(1):41-52. doi: https://doi.org/10.5216/rpp.v21i1.42612.

6 Fabrin TK, Fin G, Baretta M, Baretta E. Percepção da imagem corporal e percentual de gordura em adolescentes do gênero feminino. ACBS. 2017;4(2):195-202.

7 Klimick AC, Coelho CE, Alli-Feldmann LR. Nível de satisfação corporal de praticantes de musculação em academias de Porto Alegre, RS. Rev Iniciação Cienti ULBRA. 2017;1(15).

8 Rentz-Fernandes AR, Silveira-Viana M, Liz CM, Andrade A. Autoestima, imagem corporal e depressão de adolescentes em diferentes estados nutricionais. Rev Salud Pública. 2017;19:66-72. doi: https://doi.org/10.15446/rsap.v19n1.47697.

9 Silva AMB, Machado WL, Bellodi AC, Cunha KS, Enumo SRF. Jóvenes Insatisfechos con la Imagen Corporal: Estrés, Autoestima y Problemas Alimentarios. Psico USF. 2018;23(3):483-95. doi: https://doi.org/10.1590/1413-82712018230308.

10 Almeida SS, Zanatta DP, Rezende FF. Imagem corporal, ansiedade e depressão em pacientes obesos submetidos à cirurgia bariátrica. Estud psicol. 2012;17(1):153-60. doi: https://doi.org/10.1590/S1413-294X2012000100019.

11 Lacerda MRP, Assumpção AA. Tratamento cognitivo-comportamental para mulheres com a imagem corporal distorcida pela depressão. Pretextos. 2018;3(6):153-71.

12 Moraes JMM, Oliveira AC, Nunes PP, Lima MTMA, Abreu JAO, Arruda SPM. Fatores associados à insatisfação corporal e comportamentos de risco para transtornos alimentares entre estudantes de nutrição. Rev Pesq Saúde. 2016;17(2):106-11.

13 Pinto DCD, Quadrado RP. Imagens em construção: satisfação corporal e transtornos alimentares em acadêmicos da área da saúde. Relacult. 2018;4. doi: https://doi.org/10.23899/relacult.v4i0.759.

14 Alleva JM, Sheeran P, Webb TL, Martijn C, Miles E. A Meta-Analytic Review of Stand-Alone Interventions to Improve Body Image. PLoS One. 2015;10(9). doi: 10.1371/journal.pone.0139177.

15 Silva TC, Freire GLM, Morais OSG, Nascimento Júnior JRA. Motivação, Bem-Estar e Autoestima de Praticantes de Diferentes Modalidades de Exercícios físico. Saúde Pesq. 2019;12(2):359-66. doi: https://doi.org/10.17765/2176-9206.2019v12n2p359-366.

16 Ryan RM, Deci EL. Self-determination theory: Basic psychological needs in motivation, development, and wellness: Guilford Publications, 2017.

17 Deci EL, Ryan RM. Motivation, personality, and development within embedded social contexts: An overview of self-determination theory. In: Ryan RM. Oxford library of psychology. The Oxford Handbook of Human Motivation, p.85-107, 2012.

18 Deci EL, Ryan RM. Intrinsic Motivation and self-determination in human behavior. New York: Plenum, 1985.

19 Deci EL, Ryan RM. Intrinsic and extrinsic motivations: Classic definitions and new directions. Contemp Educ Psychol. 2000;25(1):54-67. doi: https://doi.org/10.1006/ceps.1999.1020.

20 Markland D, Ingledew DK. The measurement of exercise motives: Factorial validity and invariance across gender of a revised Exercise Motivations Inventory. Br J Health Psychol. 1997;2(4):361-76. doi: https://doi.org/10.1111/j.2044-8287.1997.tb00549.x.

21 Guedes DP, Legnani RFS, Legnani E. Propriedades psicométricas da versão brasileira do Exercise Motivations Inventory (EMI-2). Motriz. 2012;18(4):667-77.

22 Hirata E, Pilati R. Desenvolvimento e validação preliminar da Escala Situacional de Satisfação Corporal-ESSC. Psico-USF. 2010;15(1:1-11. 2010. doi: https://doi.org/10.1590/S1413-82712010000100002.

23 Ednie A, Stibor M. Influence and interpretation of intrinsic and extrinsic exercise motives. JHSE. 2017;12(2):414-25. doi: https://doi.org/10.14198/jhse.2017.122.18.

24 Moraes AL, Araújo AO, Carvalho LRMS. Comparação dos níveis de satisfação e percepção corporal entre praticantes de dança e musculação. RBNE. 2017;11(66):756-64.

25 Liz CM, Azevedo JN, Vilarino GT, Andrade A. Os motivos da prática de treinamento de força diferem em relação à idade do praticante. CEFE. 2015;13(1):61-7. doi: https://doi.org/10.36453/2318-5104.2015.v13.n1.p61.

26 Silva GML, Carminha IO. Avaliação da imagem corporal de idosos brasileiros: uma revisão sistemática. Est Interd Envelh. 2012;17(2):233-49. doi: https://doi.org/10.22456/2316-2171.24287.

27 Santos RML, Albuquerque JMC, Moura SKMUF, Rosenstiel L, Rabay AAN, Silva CAN. Exercício físico ao ar livre, motivação e aderência: um estudo sobre a satisfação das necessidades psicológicas em mulheres. Rev Bras Ciênc Saúde. 2015;19(2):33-8.

28 Mora CAA. Comparación entre los motivos para la práctica de actividad física según el género y el tiempo de práctica en un grupo de estudiantes. MHSalud. 2018;14(2):1-14. doi: https://doi.org/10.15359/mhs.14-2.1.

Received: 27 june. 2024
Accepted: 04 aug. 2024