ABSTRACT

Objective: to understand the repercussions of physical violence on women's body image. Method: qualitative, descriptive and exploratory study developed with five women accompanied by the Center for Women's Attention in a situation of violence. The data were produced from semi-structured interviews and analyzed by the Collective Subject Discourse technique. Results: from the discourses, four Central Ideas Synthesis emerged - Repercussions of violence in the body image of the woman; Association of lesion site and body image; Physical dehydration and Mental exhaustion. Conclusion: the physical violence suffered by an intimate partner affected the self-image and triggered the physical and emotional illness of the participants, being necessary, the interprofessional teams in the care of the woman who suffered physical violence, a sensitive and supportive look in the planning and execution of the care of not be limited to the treatment of physical injuries. Descriptors: Violence Against Women; Intimate Partner Violence; Injury and Injury; Body image; Self-image; Domestic violence. Descriptors: Violence Against Women; Intimate Partner Violence; Wounds and Injuries; Body Image; Self Concept; Domestic Violence.

RESUMO

Objetivo: compreender as repercussões da violência física na imagem corporal da mulher. Método: estudo qualitativo, descritivo e exploratório desenvolvido com cinco mulheres acompanhadas pelo Centro de Atenção à Mulher em situação de violência. Os dados foram produzidos a partir de entrevistas semiestruturadas e analisados pela técnica do Discurso do Sujeito Coletivo. Resultados: dos discursos, emergiram quatro Ideias Centrais Síntese - Repercussões da violência na imagem corporal da mulher; Associação do local da lesão e imagem corporal; Adoecimento físico e Adoecimento mental. Conclusão: a violência física sofrida por parceiro íntimo afetou a autoimagem e desencadeou o adoecimento físico e emocional das participantes, sendo necessário, às equipes interprofissionais no atendimento à mulher que sofreu violência física, um olhar sensível e solidário no planejamento e na execução do cuidado de forma a não se limitar ao tratamento das lesões físicas. Descriptores: Violência Contra a Mulher; Violência por Parceiro Íntimo; Ferimentos e Lesões; Imagem Corporal; Autoimagem; Violência Doméstica.
INTRODUCTION

It is known that physical violence to the woman is a traumatic occurrence that affects her twice, deeply marking her life, because, in addition to the possible injuries to see, it generates shame and other emotional losses that are considered her invisible marks. It is a development of violence against women, considered a serious public health problem and violation of human rights, and it is estimated that one in three women worldwide has suffered physical or sexual violence by an intimate partner. The highest incidence occurs in Africa (36%), East Mediterranean (37%) and Southeast Asia (37.7%). In Brazil, data from the Women's Assistance Center show that, 140,350 registered reports of violence against women in 2016, 50.70% were cases of physical violence.

It should be considered that this type of violence does not usually occur in isolation, and there is a trend of its evolution and intensity, which usually begins with verbal offenses, repression and morale reduction, having as a result, physical injury. This is detrimental not only to physical health, but also to emotional health, which can result in disorders such as post-traumatic stress, anxiety, depression, eating disorders and suicide attempts.

It is emphasized that the head, neck and face are among the areas of the woman's body most affected by physical violence whose intentional provoked facial traumas reaffirm male domination, which results in aggression to the woman's face by herself treat body part with high visibility and easily accessible area. Even if the lesions and scars disappear, being exposed to physical violence leaves deep marks that contribute to the low self-esteem of the woman, who then feels inferior and careless with her body image.

It is believed that the low self-esteem related to the presence of facial changes is explained in the conception of the face as identity so that, when suffering some type of aggression that causes deformity or alteration, the face happens to be seen as the recognition of a fatality in the life of the victim, differently than when it affects another part of the body, so that the fact of having the face affected by the violence by intimate partner intensifies in the woman the shame and the humiliation.

It is pointed out that, therefore, a common outcome in situations of physical aggression against women is the embarrassment of exposing the body marked by the lesions, which is why it hides it from people and from itself, because it fears judgments. This result is in emotional damage and their self-image.

It is thus perceived that the mental representation that is built on the body itself is impaired in battered women occurring the depreciation of the self-image, which negatively affects the personal identity of the woman, which can result in the inability to establish new relationships and constitute wounds emotional disorders that can scarcely heal without the accompaniment of different spheres of care.

The body is considered something that goes beyond visible qualities. It expresses the essence of being, its colors and the inner sonority that the external world supplies. A woman who experiences violence, especially physical, has her body affected and she responds physically or emotionally.

It is added that, in considering that the object of this study is "the body image of women who suffered physical violence" that, when searching for scientific productions on the subject, gaps were identified in the discussions, specifically referring to the state of Pernambuco, thus, a shortage of work related to the theme.

In this paper, answers to the following questions were sought: Does physical violence impair the woman's body image? What are the repercussions?

It is considered that the research is relevant considering that the results will contribute to the knowledge and will serve as a basis for an inter-professional approach in the care not only of visible lesions, but also that the necessary sensitivity can be developed to visualize invisible lesions in women who experienced experiences of physical conjugal violence.

OBJECTIVE

- Understanding repercussions of physical violence on women's body image.

METHOD

A qualitative, exploratory and descriptive study was carried out in the city of Petrolina-PE, at a Reference Center for Care of Women in Situations of Violence (RCCW), with data collected between November and December 2017, after approval by the Committee of Ethics and Deontology and Studies and Research (CEDEP) of the Federal University of the São Francisco Valley, under the opinion nº 2.292.330.
As participants, women who met the inclusion criteria of being at least 18 years of age and having suffered physical violence by intimate partner were enrolled as participants. They signed the Free and Informed Consent Term (FICT) and were guaranteed secrecy and anonymity, and the participants were identified by names of gemstones: Amethyst, Diamond, Emerald, Turquoise and Sapphire.

Prior to the interviews, a process of approximation was carried out through reflexive workshops of an individual nature, with the aim of working on emotions and feelings, above all the self-esteem and self-confidence of the participants.

The data were subsequently collected through semi-structured interviews and recorded with the consent of the participants. After transcription, the complete material of the five interviews for the NVIVO® software was exported in its 11th version, free trail in the period limited to the organization and analysis of data for storage and coding. NVIVO is a program that allows to evaluate qualitative methods and other types of research in such a way that the researcher can organize, analyze, find information with unstructured data and also share.9

In this software, you import files into a tool called Fonts. In it, one could insert research resulting materials into two subdivisions: internal sources and external sources. The organization of the data is done through the tool called “Nodes”, in which are grouped the topics of interest and that coincided in the

<table>
<thead>
<tr>
<th>Order Number</th>
<th>Central Synthetic Idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>A- Recurrences of violence in the woman’s body image</td>
</tr>
<tr>
<td>02</td>
<td>B- Association of lesion site and body image</td>
</tr>
<tr>
<td>03</td>
<td>C- Physical depletion</td>
</tr>
<tr>
<td>04</td>
<td>D- Mental depletion</td>
</tr>
</tbody>
</table>

Figure 1. Central Ideas Summary of the body image of women victims of physical violence interviewed. Petrolina (PE), Brazil, 2018.

RESULTS

The group consisted of five women with a mean age of 46 years, ranging from 37 to 52 years old, self-declared brown (n = 2), yellow (n = 2) and black (n = 1) was interviewed. The majority divorced (n = 3), all with children and only two live with them. With regard to schooling, only one was not literate. The others ranged from incomplete elementary school to incomplete secondary education. All of them work in the autonomous occupations; day laborer, educational assistant, cook and community health agent and most receive up to a minimum wage.

In the first stage of the interview, violence was questioned where the most observed aggressions were: verbal abuse, punching, shoving, slapping, attempted suffocation, hair pulling, pinching, kicking, tapping, and using objects (throwing, drilling, beating). The most affected areas were: head, neck, face, arms, back, thorax and legs.

Interviews were managed in the “sources” tool and its contents were imported to the “external sources” tool, where the material of each participant identified by name of precious stones distributed in Alphabet: Amethyst, Diamond, Emerald, Turquoise and Sapphire. The nodes per interview varied content. Understanding each “node” as “category”, it can be subdivided into subcategories.

It is also possible to create diagrams with imported texts. For this work, we chose the “cloud of words”, which consists of a tool that displays the most recurring words in a given node. The larger word is the one that appeared most frequently in the references, thus facilitating the interpretation of which word was most used by the interviewees.

Subsequently, the material was analyzed using the Collective Subject Discourse (CSD) technique in which the discourse is summarized in fragments of various discourses with the same context in a discourse written in the first person singular.10 With the use of this technique, we allow the analysis of the collected verbal material in which the Central Synthetic Idea (CSI) was extracted for each category and its corresponding Key Expressions (KE). CSI reveals, briefly, the purpose of each response analyzed and which KE will be formed and grouped in a homogeneous way.10

It is shown in figure 1, after that, after the organization and analysis of the interviews with the aid of the software and with the CSD, that four CSI.
Subdivided the node “Repercussions of physical violence in women’s health” in the subcategories “Mental dehydration” and “Physical exhaustion” and these, in four other subcategories.

It is equivalent, considering the number of interviews cited in the node, to the amount of sources. Thus, the node “Mental depletion” was fed by five sources (five interviews) and had twenty-three references equivalent to twenty-three passages.

It was possible to understand, in the discourse of the collective subject of the five women, the repercussions of the physical violence in the body image of the woman.

Central Idea Synthesis A - Repercussions of violence in the woman’s body image

It is indicated in the content of the speech that experiencing physical aggression has modified the way of perceiving one’s own body.

I never set myself up for anyone. I like it, vanity is part of my art. When I was with him I did not feel good about it and people started to realize that I was not getting ready. I saw my whole body deformed by so many beatings, I thought about tearing my skin because it was bothering me. I no longer felt like a human being, I felt like an...
body image of women who suffered... 

baddest person in the world to go through this pain? " It is a pain that has an hour that does not give even the desire to eat. I do not want anything, I ask God for strength. I have to allow myself, I can not live the rest of my life like this. I have to allow myself to be happy, I know it will be a while longer. (DCS: Amethyst, Diamond, Emerald, Sapphire, Turquoise)

**DISCUSSION**

It was possible to perceive, with the content of the narratives, that the experience of physical aggression by an intimate partner reached, in such a way, the life of the participants, that left them marks that last going beyond the perceptible lesions in the physical body.

It was evidenced that the way of perceiving the body itself changed and contributed to the loss of the motivation that existed before. It was perceived that what was vanity gave way to demotivation and carelessness with one's own body where one observes that the woman, when perceiving the changes in the body due to physical aggression, lost interest in looking after herself and her appearance. This behavior is common in these situations where it is found that women come to see themselves with disapproval and dissatisfaction. In them, the perception of the body image, after the experience of physical aggression, affects its self-esteem and the emotional balance.

The subjectivity of these women is apprehended regardless of the degree of injury. In addition, there seems to be an association between the location of the injury and the intensity of the impact on the body image of the battered woman, since, as perceived in the speeches, physical aggression to the face intensified the damage, unlike the occurrences in other parts of the body. In such cases, they are ashamed to show their faces and use subterfuges to hide the lesions. This affects social living and interactions, being one of the reasons for absenteeism at work.  

It is demonstrated that, in addition to body image, exposure to physical violence interferes with the health-disease process affects distant organs and is associated with the onset of Common Mental Disorders (CMD) characterized by the presence of signs and symptoms such as insomnia, fatigue, irritability, forgetfulness, difficulty concentrating and other somatic complaints.

It is inferred that depression and anxiety were frequent complaints by the participants of this study corroborating research developed
Body image of women who suffered... and emotionally, because of the visible injuries to the eyes that faded with the passing of days, deep marks emerged that time could not erase and this gave rise to mental illness.

In this way, it is recommended that the interdisciplinary team, especially the nurses, develop the necessary sensitivity in attention to battered women to perceive beyond physical injury.

**REFERENCES**


Body image of women who suffered...