

67 - PSICO-PHYSICAL REPERCUSSIONS OF THE RESISTED TRAINING

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1-Introduction

Weight-training in all its kinds is currently practiced by many people of different ages and socio-cultural levels. The search for this sort of physical activity is almost always associated with aesthetics and with the facility in acquiring more tonus and muscle mass being often associated with an aerobic activity.

The so called resisted exercises, simply weight-training, are normally practiced with the aid of weights or even in different ways as with the help of springs and also using the own practitioner body. They are also very much used in athletes training of various kinds of sports, and provide bones density increase and the decrease of body fat percentage together with the increase of muscle mass.

It is noticeable the physical and psychological well-being this physical activity provides to the user, who generally has his life busy with daily work routine, studies and also house and family care. Many consider the fitness centre as an escape, where it is possible to have a moment to dedicate yourself with your own body. Many are stimulated by a kind of pressure, many times guided by a model shown by the current media. Nonetheless the reason for practicing a physical activity, an issue that has aroused and made us write this article, is about the emotional behaviour of the client while practicing the resisted exercises.

The motivation to do this work was the personal experience as a user and volunteer in weight-training exercises, as a psychologist, besides the lack of literature and discussion about the focused theme. For many years practicing in fitness centre this kind of resisted exercises, I have been observing and checking different reactions among people, such as expressions of well-being, difficulties in going on with the exercises, crying attempts and even suffering expressions.

The issue to be discussed, the psychological repercussions in weight-training practice, is expressed in emotional blocking, which also have body repercussion and that deserve to be considered within the practice of physical activities. This way, a person can search for activities that strengthen his body defences or even led to their transformation.

According to Reich (1995), psychic blockings have an anatomic and physiologic expression, called armour which can be muscle, visceral and from tissue. So, the character armour has a somatic equivalent, in a way that "the muscle attitudes and the character attitudes have the same function in the psychic mechanism: they can substitute themselves and influence each other. Basically, they can not separate. They are equivalent in their function" (Reich, 1995, p231).

Within a Reich perspective the body is composed of seven segments, in a topographic division, which represent their armour, formed by muscles and organs with related expressive functions. These segments form a series of seven rings, more or less horizontal, in right angle with the spine and the back. They are centred in the eyes, mouth, neck, thorax, diaphragm, abdomen and pelvis, as Fadiman and Frager (1980) also confirm.

Finally this work's objectives were to reflect about the relationship between mind and body within physical activity, according to the Reich perspective and discuss the resisted training approach based on a transdisciplinary attitude.

2-Methodology

This study was based on a monographic work at a Fluminense Federal University, specialised in psychosomatic and transdisciplinary care with the body. The method was qualitative using systematic bibliographic review. The research has been done through articles, including Internet search, universities libraries and through books, which deal with the same or related issues. The discussion has been based in the following thematic categories: the relation between mind and body in Reich's perspective; the approach of resisted training towards a transdisciplinary attitude.

3-Results and discussion

3.1-The relationship between mind and body within Reich's perspective

When Wilhelm Reich (2004) formulated the character analysis, showed the relationship between mind and body could not be ignored, opposed, this way, the Cartesian thought dominant at his time. He supported the idea that a psychic experience could not ignore its body expression in a way that the psych would present somatic forms.

This way, there were developed studies about the character's analysis as a way of understanding the patient's resistance on analytic treatment. Those resistances were part of a character armour. In Reich's (1995) understanding it was possible to verify in the patient's body these psychic conditions, because the body revealed the emotional expressions lived by the person. Psychoanalysis at the beginning of the 20th Century did not consider such ideas. Reich demonstrated through his researches that traumatic and threatening experiences provoked a muscle response like a way of the individual's own protection.

In this relationship between mind and body, we could state that character expression takes place at a psychic and somatic extent simultaneously, not being separated, being this way, a complete and functional unit. According to Costa (1984), the character structure presents form and content, determining a single manner of a person's reaction.

Reich (2004) e Lowen (1982) described the segments of armour can be worked through specific therapeutic exercises with the aim of promoting the psychophysical well-being. A human organism armour can be characterised by a series of defences in face of anguish, even taking a kind of physical and emotional armour. The therapeutic exercises proposed in Reich's based clinic are done according with the limits of each individual, with the purpose of dissolving armour which avoid a person to live with satisfaction.

In this sense, "the armour is useful to restrict both free energy flow and free emotion expressions of the individual. What initially starts as a defence against excessive tension feelings and anxiety, turns out to be a physical and emotional prison" (J. Fadiman, R. Frager, 1980, p.96).

According to Lowen (1985), all stress produce body tension. This can disappear when the cause is removed. On the other hand, chronic tension can be continued, becoming a armour, promoting a rigid muscle. "These chronic tensions disturb emotional health through the decrease of individual energy, thus restricting his mobility (spontaneous and natural muscle

movement action), limiting his auto-expression" (Lowen, 1985, p. 13).

The character structure can show a correspondence with the armour segment. When it is established a relationship between the armours' segments with resisted training it is possible to detect a muscle rigidity or flabbiness. These can appear in the behaviour aspects of the practitioner, in a way to find facilities, difficulties or other psychic reactions produced by the physical activities in a straight mode or late one.

In order to understand this relationship between resisted training and muscle armour, we need to understand how the muscle physiology works. For instance, we are going to focus on voluntary muscles, known also as skeletal muscles

Every muscle movement starts with a stimulus, being physical or mental, in which emotions are involved. According to Almeida (2004, p.6), these muscles have different contraction capacities, depending on the movement they propose to do. There is the concentric work movement which is done while shortening or pulling and there is the eccentric work, which is done while stretching, both characterise the dynamic force. Beyond these movements there is also the execution of a static contraction, characterizing an isometric work. So, to move itself the nervous system needs to get the stimulus, process the information and activate the neuromuscular system, which stimulates some parts of the contractile tissue in order to be contracted in patterns which can produce the expected outcome. There are not movements that need all fibers in a single muscle.

Within the muscles and tendons there are two kinds of receptacles that are responsible for the flow of information to the nervous system. Information about when the muscle must contract itself and when it has to be stretched are obtained, as well as how tendon tension, articular activity, positions modified and of body tension.

The way the muscle behave itself can characterise the armour described by Reich, being extremely rigid or flab, incorporating a position to its structure and functioning pattern. This can be considered through the memory of muscular fibres. Considering Pearsall (1999) the cells are able to 'remember' their activities, both internally and when interact with others. We can not surely affirm how this process is done, as it can be by chemical signals through cytoplasm or through some energetic-informative process. The nervous autonomous nervous system is directly linked to the emotions and to muscle function that might directly influence their behaviour.

The weight-training work or resisted training, can also be an agent that contributes to reinforce the armours, as well as it can be one of the resources to dissolve them when there exists a compromising relation of therapeutic change. This depends on the kind of armour that can be seen as a rigidity or flabbiness muscle, consisting in lack of tonus in the fibres' composition.

Through this perspective, within the process of a person's evaluation that searches a physical activity, it is considered the psychic motivations involved, since the search for a certain activity can reveal ways of defensive compensation in face of feelings and contents, such as: narcissism, a feeling of weakness, lack of body contact, low self-esteem, desire to be accepted, among other examples. It is highlighted, however, that despite of the existence of a social production of body and aesthetics, the singularity of the individual must be considered.

In this perspective, weight-training, when properly oriented promote health and rehabilitation. However, there is an effect of body shaping that can be useful for attending the ideal of Adonis complex, referring to the masculine body. "What looks like particularly worrying is that most of these men are unconscious of the social forces that are constantly destroying their self-esteem" (Olivardia, 2000, p.46).

Within this social production there is a body demand, that, according to Novaes' (2006, p.132) studies on female aesthetics, the ideal body for the researched women is considered "rigid, without fat that enable them going to the beach, without any shame, and use insinuating clothes".

Added to the search for the beautiful body, resides the aesthetic desire which is formed collectively. The motivation for practicing activity is, obviously, individual, but it is produced socially, constantly stimulating people to shape their bodies in fitness centres, many times without reflecting, and with a deficient perception of your own and not considering the person's own life style. This way, there is a own unawareness in detriment of a mimetic desire. Under this perspective, Barros (2005, p.552) affirms about the corporal image of the individual that "it is defined from the social interferences we receive and from the habits we create, shaping our existing aspect as corporal beings".

Within this context the Reich approach contributed to a wide individual awareness towards himself and with the social environment, since that integrates mind, body and its own social context in an open system and subject to transformation. Thus, the armour is a way of defence which avoids the vital energy flow that runs throughout the body. However, to be dissolved it needs to be considered the psycho-corporal reality of the individual and his way of being in life.

The armours dissolving provide a new quality of life which expresses itself in sexuality, in self-knowledge and at work, consequently to the disappearing of energy accumulation, that led to neurotic and psychosomatic symptoms.

It is important to think in the logic production of the alienated market in face of the body, that is, impose a way of body production, without listen to the individual, without evaluating his way of life and body structure. This can feed even more one's defence and not contribute for a more authentic relation with his own body and with people.

It is important to consider the individual character structure, his physical constitution and rhythm to be able to generate a smooth change towards variations of life and not nurture a ego-narcissist, individualist production which assists the productive system of series production.

During physical activities it is necessary to consider people's expressions, their feelings and if this practice is attending their psycho-corporal reality without forcing the body, which is not mechanic, but alive, obeying of living systems with his expansion and contraction movements, ruled by the nervous autonomous system, sympathetic and parasympathetic.

The Reich's perspective aims to favour the expression of life desire which does not follow the same capitalist series production logic about the body, since it has an ethic posture, focused on respecting the vital energy rhythm, which is transforming and conducting to a political attitude, as Reich supported during his life (Reich, 1988).

Finally, moving with the body can be, many times, a way to alter a person's psycho-physical defences, being able to free emotional tensions or generate discomfort and resistances.

3.2 The resisted training approach towards a transdisciplinary attitude

A proposal for this problem is in the educational articulated basis directed to capacity building courses, where transdisciplinary can have its dynamic and indispensable space to the formation of new professionals, in a way that these can take to their lives new tendencies in relation with body care.

Transdisciplinary allows dialogue within the disciplines, in this case, integrated physical education with psychology that provide new arrangements and also other view from aspects before observed only through the view of each of those disciplines. According to Spagnuolo (2005, p.193) the interchange of knowledge and the construction of a new dynamic, complex and transdisciplinary view, allows all the segments or disciplines to grow, "where each one perform your own role and together

construct and consolidate experiences that require a group of supported strategies, transcending the antagonisms".

The issue to be approached here is in the professional role and the possible lack of reciprocity that follows his relation with the practitioner. If this one is seen only as a body that moves and executes tasks set in the fitness centre, there will be not considered a major part of the individual psycho-physical constitution. It can not be ignored the emotional, historic and singular side of the person. We know his physical predispositions can be technically evident, however, what mobilise his actions are the mental dimensions.

Attention given to the individual in his body dynamic should be given in a transdisciplinary attitude, where the tutor diagnoses, evaluates and interferes guiding the practitioner, when necessary, to look for a psychological treatment in order to be done a group work.

The reciprocity relationship, that talks about tutor and practitioner, allows an approach with the psycho-physical reality of the latter, from the moment that professional dare to look around his restricted field of knowledge, towards an attitude transdisciplinary, in favour of the quality service for the population.

Thinking about body movement through physical exercise, in a general way, can ignore the individual side of each client. However noticing the possibilities and limits of each one, through the way of speaking or body attitudes, generates ways of acquiring a transdisciplinary consciousness that is vital for the current times.

The muscles armour appears as defensive and adapted forms during life history. Dealing and modifying them not always can contribute positively, so there is a need for the service be integrated.

It is important to highlight that the tutor be aware to the psychological changes of the client before certain physical activities proposed. What is around the practitioner or patient is not only his body, but a group of relations this body produces. It is also true that people search for activities that may reinforce their defensive marks.

Thus, a transdisciplinary attitude, between psychology and physical education and related fields, is necessary to the understanding of the individual as a bio-psychic being, that at the same time the body is physical it is also psychic, connected with the psycho-emotional and the singularities that perform a role in the aesthetic and therapeutic process.

4-Final Considerations

The dualist way of seeing the body separated to the mind still impregnates a great part the way we think the environment we live. This reflects in our attitudes and also in the relationship with the other. Thinking about dichotomies seems to be much easier, since the theoretical models and many institutions support such approach. However, there is a search for breaking paradigms and a transdisciplinary work, in a way to understand the client and his distinct and integrated dimensions.

The Reich approach allows looking at the individual in his singularity, integrating body and mind, dissolving armours, favouring the flow of the vital energy. Consequently this know-how lets the professional who deals with the body can evaluate a person's own rhythm and his body structure, benefiting the psycho-physical well-being.

Transdisciplinary make us think about that our learning and practices have lots in common with other fields of knowledge. This way, today we make overflow the know-how that comes from inside and open the doors which surround the entrances of knowledge, so that other productions can dimensioned again the current fragmented practice.

Despite the lack of literature about the theme of this work, it cannot be free from reflection before the current urgent

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PSICO-PHYSICAL REPERCUSSIONS OF THE RESISTED TRAINING

The aims of this study were to reflect about the relationship between mind and body within physical activity, under a Reich's perspective and discuss the approach of resisted training towards a transdisciplinary attitude. The methodology chosen was qualitative: systematic bibliographic review. The following themes have been discussed: the relationship between mind and body within Reich's perspective; the approach of resisted training towards a transdisciplinary attitude. There was an attempt of dealing with the subject in his peculiarity, as a whole, considering possible obstacles that avoid vital energy flow. It is important the adoption of a transdisciplinary attitude in order to manage with the client's different dimensions, thus promoting human and integrated actions towards well-being promotion.

Key-words: psychology, physical education, body.

REPERCUSSIONS PSYCHO-PHYSIQUE DE TRAVAIL MUSCULAIRE

Cette étude avait des objectifs : refléter sur la relation entre esprit et corps dans l'activité physique, selon la perspective reichiana, et discuter l'abordage de travail musculaire dans une attitude transdisciplinaire. La méthodologie a été qualitative, type révision bibliographique systématique. Etaient discutées les suivantes thématiques: la relation entre esprit et corps dans la perspective reichiana; l'abordage de travail musculaire dans une attitude transdisciplinaire. Nous cherchons aborder le sujet dans sa singularité, de manière intégrale, en considérant les blocus qui empêchent le flux de l'énergie vitale. Est importante l'adoption d'une attitude transdisciplinaire, afin de traiter avec les différentes dimensions du client et ainsi de substancializar actions intégrées et humaines dans la promotion du bien-être

Mot-clé: psychologie, l'éducation physique, corps

REPERCUSIONES PSICO-FISICAS DEL ENTRENAMIENTO RESISTIDO

Este estudio tuvo como objetivos: reflexionar sobre la relación mente y cuerpo en la actividad física, según la perspectiva reichiana, Y discutir el abordaje del entrenamiento resistido en una actitud transdisciplinar. La metodología fué cualitativa, del tipo revisión bibliográfica sistemática. Fueron discutidas las siguientes temáticas: la relación mente y cuerpo en la perspectiva reichiana; el abordaje del entrenamiento resistido en una actitud transdisciplinar. Se buscó abordar el sujeto en su singularidad, de modo integral, considerando los bloqueos que impiden el flujo de la energía vital. Es importante la adopción de una actitud transdisciplinar, de modo a lidar con las diferentes dimensiones del cliente y así substancializar acciones integradas y humanas en la promoción del bienestar.

Palabras clave: psicología, educación física, cuerpo

REPERCUSSÕES PSICO-CORPORAIS DO TREINAMENTO RESISTIDO

Esse estudo teve como objetivos: refletir sobre a relação mente e corpo na atividade física, segundo a perspectiva reichiana, e discutir a abordagem do treinamento resistido numa atitude transdisciplinar. A metodologia foi qualitativa, tipo revisão bibliográfica sistemática. Foram discutidas as seguintes temáticas: a relação mente e corpo na perspectiva reichiana; a abordagem do treinamento resistido numa atitude transdisciplinar. Buscou-se abordar o sujeito em sua singularidade, de modo integral, considerando os bloqueios que impedem o fluxo da energia vital. É importante a adoção de uma atitude transdisciplinar, de modo a lidar com as diferentes dimensões do cliente e assim substancializar ações integradas e humanas na promoção do bem-estar.

Palavras-chave: psicologia, educação física, corpo.