

SOCIAL REPRESENTATIONS ON THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND BREAST CANCER IN A GROUP OF WOMEN IN BOGOTÁ CITY

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INTRODUCTION

Social representations are systems with their own logic and language with the function to establish an order in the material and social world, which give explanations and generate codes to name and signify many of the experiences that accompany them. In the case of physical activity as a mediator of all activity that generates pleasure, integration and identity to a group, the social representation that patients with diseases such as cancer build on physical activity can be of vital importance.

OBJECTIVE

To analyze the social representations on the relationship between physical activity and breast cancer in a group of women diagnosed in Bogotá city.

METHODS AND MATERIALS

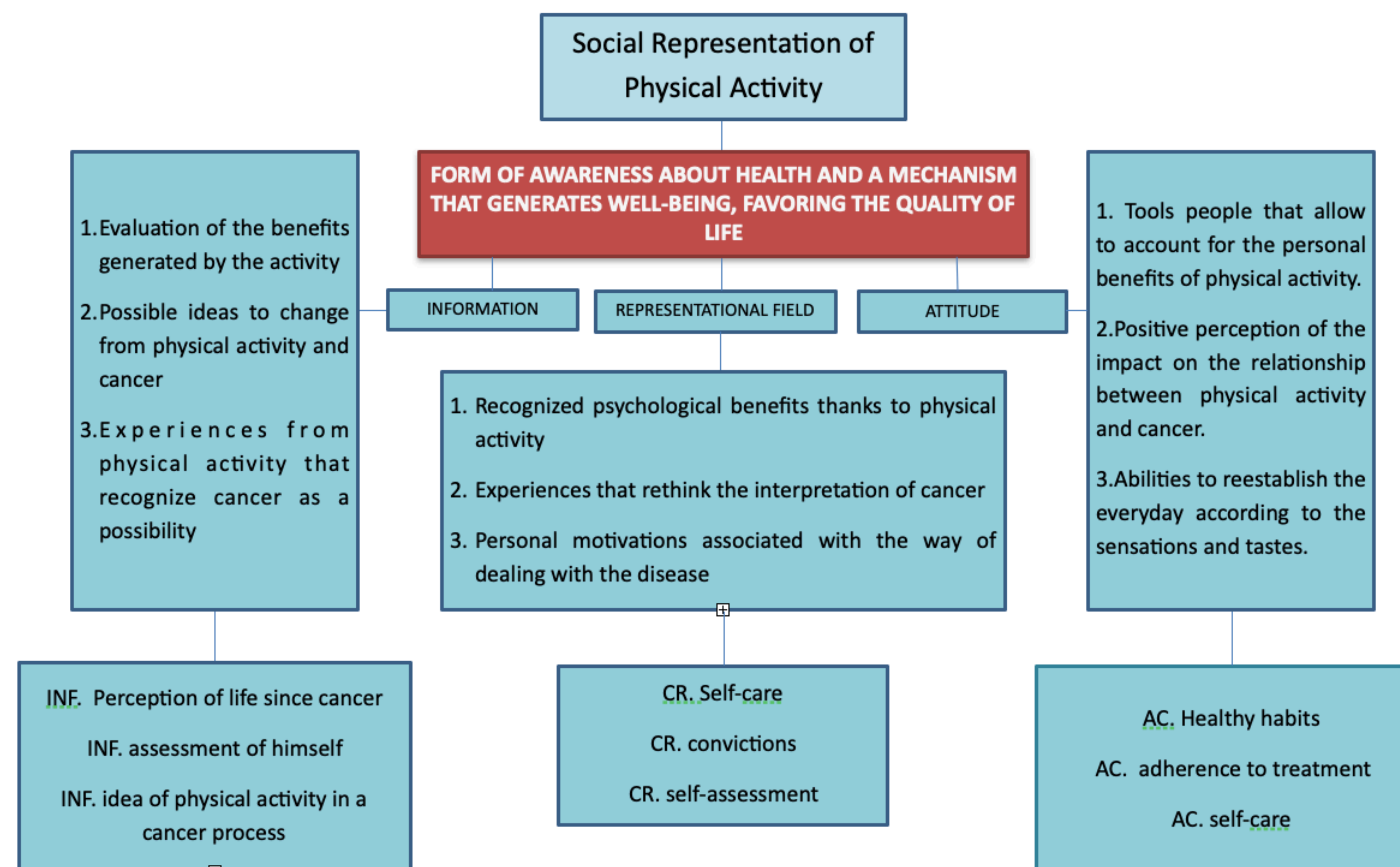
From a historical hermeneutical paradigm, a qualitative approach and a narrative of topics design, to 11 women living with breast cancer were asked their representations about physical activity related with the disease.

A bank of questions was created about the physical activity and its representation of the illness in three themes: social representations, cancer and physical activity, of which 20 questions were obtained for its application.

The content analysis was elaborated in ATLAS TI Software

RESULTS

65 codes were identified associated with the concepts of information, attitude and representational field relate physical activity and 18 emerging categories were found, according to which physical activity in cancer are represented as **“a form of awareness about health and a mechanism that generates well-being and promotes quality of life”**.



"You can do some physical activity during treatment, but when you finish it (the treatment), it becomes a part of your life, because the more physical activity you do, the more life you have"

CONCLUSION

Physical activity is represented as a tool to cope with cancer, as it is perceived as a device to regain control over the body and disease. It takes the place of illness as a central aspect by providing alternatives to physical discomfort, generating psychological well-being. For the Information category, the evaluation of the benefits of physical activity was relevant. In terms of attitude, we assessed the perception of the impact of physical activity on the management of the disease, and as a representational field the recognition of the change in the way in which the disease was conceived thanks to the practice of physical activity as well as the way in which the disease was addressed were aspects to highlight

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