

ASSOCIATIONS BETWEEN BODY IMAGE CONCERN AND FOOD DISORDERS WITH THE PRACTICE TIME IN CLASSICAL BALLET

Narda Helena Jorosky, Mara Laiz Damasceno, Carla Cristiane Silva, Clodoaldo José Dechechi, Christi Noriko Sonoo; Tamara Beres Lederer Golderberg

Universidade Estadual do Norte do Paraná (UENP).

The success of classical ballet presentation is related to high physical performance added to artistic and aesthetic components (Toledo et al., 2004; Wyon et al., 2007). This kind of dance is tough on the morphological issue, requesting to the ballet dancers to present an extremely slim body, considered crucial to express beauty, grace and lightness of movements on stage. In this context, it is predominantly the need to reach and remain within a stereotype of slimness in order to achieve success in this dance. However, this requirement can provide a number of complications to the individuals include in this practice, getting highlighted the incidence of eating disorders and high body image concern (Ringham et al., 2006). Another factor that makes this important question, refers to this practice early on that begins in classical ballet, allowing the natural process of increased body fat and other changes during adolescence, is seen as a factor contributing to body dissatisfaction beginning of incorrect feeding practices. The objective of this study was to investigate the association of dissatisfaction with body image and eating disorders indicative of the practice time in classical ballet for a group of trained teenagers. The cross-sectional study investigated 44 dancers of the School of Ballet Ourinhos (SP), aged 10 to 18 years. The ballet dancers were divided into two groups, one group with practice time greater than 6 years (+ 6 years) and another with less than 6 years (- 6 years) of practice on ballet. The research had prior approval of the Ethics in Research Committee UENP (Case n° 013/2010) and from the institutions involved. All adolescents and their parents sign a consent form. The instruments used were: the questionnaire on body image (BSQ - Body Shape Questionnaire) (Conti; Cordás; Latorre, 2009) that aims to measure the

respondent's concern in relation to satisfaction with body image, and the EAT-26 (Eating Attitude Test) (Bighetti et al., 2004) that identifies the presence of disturbances in eating attitudes and the presence of abnormal eating patterns, intent to lose weight and fear of gaining weight, both nationally validated. Was also asked how many years the adolescents engaged in classical ballet. For the data analysis were used descriptive statistics (absolute and relative frequency, median and interquartile range) and the Shapiro-Wilk normality test. As was not observed normal distribution, where adopted nonparametric tests: Chi-square (χ^2) and Fisher's exact test, both to verify the association of categorical variables (TA and concern with body image). The significance adopted was $P < 0,05$. The results indicated that the group with practice time less than 6 years of experience had a median age of 12,08 years (Q1: 12,01 - Q3: 15,08) and group experienced greater than 6 years we observed a median age of 14,01 years with variations between quartiles (Q1: 13,04 - Q3: 16,05). With regard to body image, among the less practice time group, 84,2% ($n = 16$) of the dancers showed no concern with body image and 15,8% ($n = 3$) showed mild concern, with no dancers with moderate or severe concern. In contrast, the +6 group showed percentage of 28% ($n = 7$) of mild concern and 12% ($n = 3$) for moderate and serious concern. The chi-square test pointed to significant association ($p = 0,008$). Regarding the eating disorder indicatives in the -6 group was not observed no cases, and for the +6 group, 16% ($n = 4$) indicated eating disorder. However, even checking that all cases of eating disorders were among ballet dancers with more practice time, the Fisher exact test showed no statistical significance ($p = 0,122$). Statistical analysis indicates significant association of the levels of concern about appearance disadvantaging more experienced dancers. For the eating disorder indicator the most relevant result was that the less experienced ballet dancers do not show concern about the image, while the more experienced signaling some disorder. Based on the results it can be inferred that with advancing the years of practice the adolescents spend more time exposed to the demand of maintaining lean body as a key requirement of the aesthetic and artistic component of choreographic presentations.

References

Bighetti, F., Santos, C. B., Santos, J. E., Ribeiro, R. P. P. (2004). Tradução e Validação do Eating Attitudes Test em adolescentes do sexo feminino de Ribeirão Preto, São Paulo. *Jornal Brasileiro de Psiquiatria*, 53 (6), 339-46.

Conti, M. A., Cordás, T. A. & Latorre, M. R. D de O. (2009). A study of the validity and reliability of the brazilian version of the body shape questionnaire (BSQ) among adolescents. *Revista Brasileira de Saúde Materno Infantil*, 9 (3), 331-38.

Ringham, M. S., Klump, K., Kaye, W., Stone, D., Libman, S., Stowe, S. Marcus, M. (2006). Eating disorder symptomatology among ballet dancers. *International Journal of eating disorders*, 39 (6), 503-508.

Toledo, S. D., Akuthoda, V., Drake, D. F., Nadler, S. F., Chou, L. H. (2004). Sports and performing arts medicine. 6. Issues relating to dancers. *Arch Phys Med Rehabil*, 85 (3 Suppl 1), S75-8.

Wyon MA, Deighan MA, Nevill AM, Doherty M, Morrison SL, Allen N, Jobson SJ, George S. The cardiorrespiratory, anthropometric, and performance characteristics of an international/national touring ballet company. *Journal Strength conditioning Research*, 2007, 2(12), 389-93.