

## **SELF IMAGE AND BOBY MASS INDEX AMONG YOUNG BALLET DANCERS AND CONTROLS**

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Is known that classic ballet requires mastery of multiple dimensions, including the ballet dancers physical state has great importance (Guidetti et, 2007). This is a modality that involves children and adolescents at very early initiation (Steinberg et al., 2008; Guidetti et al., 2008). To obtain success in this dance style is necessary that beyond the movement accurate technics, the ballet dancers present a slim aesthetic standard, consistent with big companies and festivals requirements. Thus, the environment of practice may be a factor to encourage adolescents to seek slimness. Similarly, young people not linked to sports training also feel themselves pressured, in this case, by the media appeals establishing aesthetic standards generally difficult to achieve, as expressed by models, actresses and other television personalities. To integrate or not this beauty standards often guarantees the adolescents group acceptance, dependent of these morphological stereotypes. The objective of this study was to compare the self-image and body mass index (IMC) of a teenage ballet dancers group and the control group. The cross-sectional study investigated 88 adolescents, aged 10-18 years, where 44 of these are dancers of Ballet School of Ourinhos (SP), and the others 44 where young girls from a elementary public school of this same city, considered the control group, characterized by teenagers who did not practice any form of sports training. 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. As a tool to investigate the body image was used the Questionnaire of body image (BSQ – Body Shape Questionnaire) nationally validated (Conti; Cordás; Latorre, 2009), which aims to measure the respondent's concern regarding satisfaction with body image. Were also performed anthropometric measurements of body mass and height. From these measurements was calculated the IMC and the classification scores were done according the Center for Disease Control and Prevention propose (2000). The data were processed in SPSS statistical program and were used the Shapiro-Wilk test to verify the normality of the results. For not presents symmetric distribution, was performed the chi-square non-parametric test, to evaluate the possible associations and the Mann Whitney test to evaluate the differences between the means, adopting the statistical significance of  $P < 0,05$ . The results pointed about 68% of no concern with body image among the entire population of evaluated adolescents. Within the classification of mild concern, 11,4% ( $n=10$ ) were ballet dancers, while a lower prevalence of 6,8% ( $n=6$ ) were controls. The other scores showed 4,5% ( $n=4$ ) controls and 3,4% ( $n=3$ ) ballet dancers with moderate concern, and 2,3% ( $n=2$ ) controls and 3,4% ( $n=3$ ) dancers with serious or advanced concern. However, the association test did not pointed significant difference for the body image variable ( $P=0,541$ ) when analyzing the ballet dancers and control groups. In contrast, the median IMC values indicate a  $18,9 \text{ kg/m}^2$  value for the ballet dancers, lower than the control group ( $19,97 \text{ kg/m}^2$ ) (Mann Whitney Test –  $P=0,04$ ). These values indicate that in both groups presents eutrophic, with prevalence of 43,2% ( $n=38$ ) among controls and 40,9% ( $n=36$ ) between the ballet dancers. The underweight classification among ballet dancers was of 6,8% ( $n=6$ ) claims for attention looking for the 2,3% ( $n=2$ ) of the controls. If on one hand the statistical analysis did not show high levels of concern about the image between the groups, on the other hand it is worrying to note that even among a predominantly eutrophic sample was observed adolescents with mild and moderated distortion of image. The results suggest that belongs to classic ballet not seems to be the main influence for the adolescents to develop excessive worries about body shapes. Even the ballet dancers been inserted in the competitive context in which is advocated a lean body shape as part of the success on this practice, it is suggested that regardless of social context that adolescent is insert, the social

pressure for standard slim body propagated by the media have widespread impact on the female adolescent population.

## References

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