

Body Body Images between Ballerina and Modern Dancers:

The Role of Dance Style and Perfectionism

Abstract

This study investigates the extent to which dance style (ballet or modern) and perfectionistic character have an effect on negative body image in adult female dancers in the general community. A total of 79 ballerina and modern dancers completed measures of body appreciation, body dissatisfaction, drive for thinness, perfectionism and dance experience with demographic details. Independent sample t-test analysis showed that ballerina had significantly higher drive for thinness compared with modern dancers, while there was no significant difference in the extent of perfectionism between the two groups. However, weak to moderate correlations were found between self-evaluative perfectionism with negative body image. Nevertheless, the effect of dance style on drive for thinness was still significant after controlling for self-evaluative perfectionism. The results from the present study revealed the only difference between ballet dancers and modern dancers on body image was on drive for thinness. It was suggested that moderate participation in ballet dancing for interest in community dance studios might not result in a significantly higher body dissatisfaction than modern dancers. Moreover, dancers and dance studios should pay more attention on preventing extreme self-evaluative perfectionism in order to maximize the physical and psychological benefits of dancing.

Keywords: Body image, perfectionism, ballet dancers and modern dancers