

대학 무용수들의 개인 및 연습변인의 분석

김 광 자

수원여자대학 교수

ABSTRACT

Analyses of Individual/Practice Variables Among College Female Dancers

Kwang-Ja Kim

Department of Dance

Professor of Suwon Women's College

This study attempted to analyze individual/practice variables and eating behaviors/disorders among 326 college female dancers. The six individual variables included: dancer's personal and physical characteristics consisted with age, dance career, weight, height, BMI, menarcheal timing. The five dance practice variables derived: participation frequency per week, duration per day, perceived intensity during their practice, amount of practice, and injury frequency. A series of statistical procedures such as ANOVA, Correlation were conducted to examine the problems and hypotheses established in this study. These procedures derived the following major results. First, Modern dancers were heavier and had higher levels of BMI than Ballet dancers, but Korean dancers were not significantly differences in weight as compared with Modern and Ballet dancers. Second, Korean dancers spent more time in practice a day than other dancers, but Modern dancers more strongly perceived practice intensity and more frequently injured than other dancers. Third, Ballet dancers exhibited higher levels of eating restraint than Korean dancers, and Modern dancers showed more external eating behaviors than Ballet dancers.

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