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Abstract

Analyses of Eating Behaviors and Eating Disorder Among College Female Dancers

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This study attempted to analyze eating behaviors/disorders among 326 college female dancers. Dancer's eating behaviors were assessed by using Dutch eating behavior questionnaire (DEBQ) which consist with external, emotional, and restrained eating behaviors (Van Strien, et al, 1986), and their levels of eating disorders such as bulimia nervosa and anorexia nervosa were measured by Korean eating disorder questionnaire which developed by Shin(1997). A series of statistical procedures Multiple Regression were conducted to examine the problems and hypotheses established in this study. These procedures derived the following major results; 1) Emotional and restraint eating behavior, menarcheal timing of Korean dancers significantly predicted bulimia nervosa, and restraint eating behavior, BMI, external eating behavior significantly predict anorexia nervosa. 2) Emotional and restraint eating behavior, practice frequency, perceived practice intensity of Ballet dancers significantly predicted bulimia nervosa, and restraint eating behavior, BMI, external eating behavior significantly predicted anorexia nervosa.

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