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A Comparative Study on Dancers and Non-Dancers in Terms of Self-Esteem, Perceived Stress and Body Shape Issues

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Abstract

The aim of the present investigation was to study the self-esteem, perceived stress and body shape issues as expressed by Indian Classical dancers, Western dancers and Non-dancers belonging to Kolkata City. Accordingly, a group of 90 participants (30 from Indian classical dancers, 30 from Western dancers and 30 from Non-dancers category) were selected as sample in this investigation. A General Information Schedule, Rosenberg Self-esteem Scale, Perceived Stress Scale and Body Shape Questionnaire were used as tools. Results showed that dancers in general had higher self-esteem and lower perceived stress. Significant difference was observed between Western dancers and Non-dancers in terms of self-esteem. Indian classical dancers had highest body shape issues followed by Non-dancers and Western dancers. Negative correlation was found between self-esteem and perceived stress and between self-esteem and body shape issues. On the contrary, positive correlation was found between perceived stress and body shape issues. The findings of the study may help to discover the therapeutic value of dance and also the importance of movement in our life.

Key words : Self-esteem, Perceived Stress, Body shape issues, Dancers and Non-dancers

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