

Abstract

Title:

The Physical Self-Perception of Female Belly Dancers

Aim of the thesis:

Aim is a description of composition of physical self-perception of a group of females attending belly-dancing lessons.

Method:

I used questionnaires to collect necessary data. Multidimensional questionnaire "Profile of physical self-perception" affecting five subdomains of physical self-concept, confirmed by Tomešová (2003) and a questionnaire to determine the basic anthropometric data (age, height, weight). Data were collected during the belly dancing courses in the period from March to June 2010. The group consisted of 73 women (average age 33.47 years) participating in these courses.

Result:

The result of this work is to describe the composition of physical self-perception of women attending classes of belly-dance. Thanks to division of subjects into groups according to age and BMI values these groups were thereafter compared to each other with regard to average values of specific subdomains.

Keywords: Physical self-perception, belly dance, physical self-esteem, physical attractiveness