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## Exploring body image and well-being in female dance practitioners and gymnasts

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### Resumo

Literature has been concerned with the effect of different sports modalities such as dance and gymnastics on well-being and body image (BI). This study aimed to analyse the perception of dance practitioners and gymnasts on BI and subjective well-being (positive and negative affect and satisfaction with life), also comparing different age groups. A sample of 141 female participants (62 gymnastics and 79 dancers) 15.99±4.51 years (MIN 9-34 MAX) were recruited. Three age groups were created: 8-12 years, 13-17 years, and more than 18 years. No statistical differences were found in any dimension when comparing both practitioners. When analyzing the three age ranges differences were found in negative affect ( $p < .001$ ) and dissatisfaction with body image ( $p = .027$ ). Thus, children from 8-12 years presented the lowest levels. When analyzing separately the correlations between the modalities, specifically in the gymnasts, the dissatisfaction with body image is related with years of practice ( $p = .349$ ), with satisfaction with life ( $p = -.556$ ) and with negative affect ( $p = .501$ ). In the dancers, the dissatisfaction with body image is correlated with satisfaction with life ( $p = -.359$ ), with negative affect ( $p = .518$ ) and positive affect ( $p = -.223$ ). These results leave some indicators that should be explored in future studies, namely seeking to understand the factors that may be mediating the relationship between BI and well-being, as well as the effect of age on this relationship.

**Palavras-chave:** body image; affect; satisfaction with life; dancers; gymnasts.

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