

# Research on the Influence of DanceSport on the Body-esteem of Chinese College Students

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**Abstract:** A review of the research on the impact of DanceSport on the body-esteem of Chinese college students found that: there are demographic differences in the body-esteem of Chinese college students; DanceSport has a promoting effect on the level of body-esteem and its dimensions, and can promote their social development by improving their mental health; the physical and psychological benefits of DanceSport to college students and their mechanism are worthy of in-depth discussion by researchers in order to promote the healthy development of the body and mind of college students in China.

**Keywords:** DanceSport; College student; Body-esteem

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## 1. Introduction

In recent years, the physical and mental health of college students have received continuous attention from all walks of life. Many college students are affected by the online media and have cognitive and expectation deviations in their bodies, and put forward unrealistic demands on their appearance, resulting in a decline in their body-esteem. The university period is the integration period of students' body-esteem, and it is of utmost importance to form a positive and correct body-esteem.

Body-esteem is an important part of self-esteem and mental health. It refers to the individual's positive or negative evaluation or emotional feelings on all aspects of his body according to his own evaluation standards. Regarding the theoretical model of body-esteem, what is currently recognized by most scholars is that there are two levels of domains under body-esteem. The main domain is general physical self-worth, and the secondary domains are sport competence, condition, body, and strength. In the multidimensional hierarchical model of body self-esteem, the dimensional changes contained in the low-level domains can affect the high-level domains.

DanceSport includes ballroom dance, Latin dance, group dance and street dance. DanceSport is ornamental, competitive, standardized and procedural, and has high requirements for dancers' movements, music, and tacit understanding with their partners. In recent years, DanceSport has entered universities and has become a compulsory or elective course for college students. It plays an important role in enriching college students' extracurricular life, improving their health, and promoting their overall development.

## 2. The overall situation of body-esteem of Chinese college students

Domestic scholars used psychological scales, and used different demographic variables as the dividing standards to describe the level and characteristics of the body-esteem of Chinese college students.

He Ying, Tian Lumei, Ma Rong, and Sun Chaofeng, all pointed out in research that the level of body-

esteem of male college students in China is significantly higher than that of female college students <sup>[1-4]</sup>. It can be seen that the level of body-esteem of female college students continued to be lower than that of male college students. Compared with male, female generally show more care about their appearance and are relatively more susceptible to social evaluations and comparisons. College students are under peer pressure in all aspects. They have just come into contact with society and are easily affected by some more extreme words about appearance on the Internet. This leads to some female forming incorrect values and blindly exaggerating the importance of appearance. Therefore, they are dissatisfied with the physical characteristics they possess.

In the research on the differences between student sources, the general conclusion is that the body-esteem of urban college students is higher than that of rural college students. However, in the specific dimensions, the results were various. Wang Fulei, found that there are significant differences between urban college students in Zhengzhou and rural college students in terms of general physical self-worth and body. There are certain differences in the dimensions of sport competence and condition, but not significant, and there is no difference in strength <sup>[5]</sup>. Sun Quanduo and Zeng Xinying respectively conducted surveys on Shanghai female graduate students and Lanzhou female college students, and found that the body-esteem scores of the two groups are somewhat different but not significant. In terms of body and condition, urban areas are significantly higher than rural areas <sup>[6-7]</sup> It can be concluded that in the past ten years, the body-esteem of Chinese urban and rural college students are different, but the overall feature is that the urban and rural colleges are higher than the rural. The economic and cultural development of urban areas is better than that of rural areas. Therefore, urban college students have relatively better living conditions. However, as our country vigorously supports the development of rural areas, the difference in body-esteem with urban college students has gradually narrowed.

Among the college students in China, whether they are the only child has no significant effect on their body-esteem <sup>[8,10]</sup> but from the point of view of the score, the score of the only child is relatively high. For ordinary families, the only child means relatively good living conditions and the best resources available, making the group relatively more confident. Nevertheless, usually this classification standard is often used to investigate younger groups. The younger the age, the more immature the concepts formed, and the more susceptible to external influences.

In terms of professional background, scholars have different ways of categorizing and comparing majors. Xia Ying regards whether it is a sports major as the criterion, and believes that in body-esteem and its dimensions, sports majors and non-sports majors have significant difference in body-esteem and it's all dimensions except sport competence <sup>[9]</sup>. Some scholars divide the majors into science and engineering, literature and history, sports, and art. They found that the comparison of total score of these majors is sports > science and engineering ≈ art > literature and history, body-esteem and the average values of all dimensions of sports college students are significantly higher than those of other three majors <sup>[7]</sup>. Zhang Yu, divided college students into liberal arts and science majors <sup>[10]</sup>. Through investigation, it was found that there was no significant difference in body-esteem between the two majors. It can be seen that scholars have different opinions on whether there are differences in professional background in the body-esteem of college students. However, what can be seen is that college students with majors related to the body (such as sports, dance, etc.) feel better about their bodies, and their body-esteem is at a higher level. Sports or dance majors themselves have certain requirements for body and appearance. In addition, they need to constantly strengthen their physical fitness and abilities in daily training, create beautiful body lines, and maintain a good posture at all times. Therefore, they have a deeper understanding of their body and relatively can face up to their strengths and weaknesses, so the overall situation of body-esteem is better.

From a macro point of view, the overall characteristics show that the body-esteem of male are higher than that of female, and the body-esteem of those in urban area are higher than that of those in rural area.

However, there are no significant differences in majors nor if they are the only child.

### 3. The value of improving Chinese college students' body-esteem

#### 3.1. The effect on college students' mental health

The mental health of college students is a hot topic that many scholars continue to pay attention to. As early as 1990, it was proved that low body-esteem can bring negative emotional experience to individuals [11]. People choose to improve their body-esteem by improving their appearance, and then eliminate negative emotions. He Ying and Ji Liu have proved on many occasions that body-esteem is an intermediary variable that physical exercise affects depression [12-13]. Xiao Junfan, found that good body-esteem can make them have a better subjective exercise experience, including better positive emotions, fewer negative emotions, and lower fatigue and annoyance [14]. Guo Jialin, found that the improvement of body-esteem can drive the improvement of core self-evaluation level [15]. In addition, many studies have proved that changes in body-esteem are closely related to interpersonal relationships, subjective well-being, self-efficacy, sleep quality, etc., and can effectively predict the level of depression, anxiety, and paranoia among college students. In general, the improvement of body-esteem can improve positive emotions, eliminate negative emotions, and have a certain promotion effect on mental health.

#### 3.2. The effect on college students' social development

According to the multi-dimensional hierarchical structure model of self-esteem proposed by Shavelson (Figure 1.), changes in low-level dimensions will have an impact on high-level dimensions. Body-esteem is a dimension under global self-esteem, and its improvement will also promote the development of global self-esteem. Tian Lumei proved this view and found that there is a significant correlation between body-esteem and global self-esteem [2]. In addition, due to the particularity of the physical education major, the body-esteem of college students in this major has a significant correlation with the performance of technical performance, so for this type of group, body-esteem can affect the development of academic self-esteem to a certain extent [16].

Some scholars believe that body-esteem can improve problem behaviors. Luo Guiming found that the total score of aggressive behavior of college students is positively correlated with anger, hostility and self-esteem [17]. Ni Linying found a correlation between self-esteem and aggressive behavior through a survey of 520 college students, but the study did not elaborate on the mechanism by which self-esteem affects aggressive behavior and the size of the relationship between the two [18].

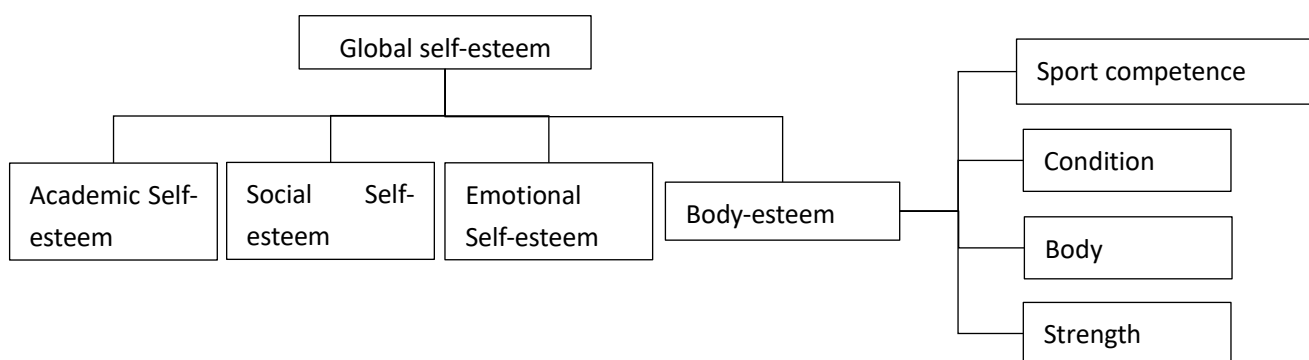


Figure 1. Multi-dimensional hierarchical structure model of self-esteem

### 4. The influence of DanceSport on the body-esteem of Chinese college students

It has been agreed that physical exercise can promote the development of body-esteem of college students,

and DanceSport, as a sports item, has a certain impact on body-esteem and its various dimensions. Zhou Xia's found male college students have an extremely significant improvement in body and general physical self-worth, and female college students' body [19]. Kang Yuanjun found that female college students who had done moderate-intensity Latin dance exercises had significant improvements in their body-esteem, general physical self-worth, and body dimensions [20]. The changes of other dimensions are not significant. It can be seen that the positive impact of DanceSport on college students' body-esteem has reached consensus among scholars, but the changes in its specific dimensions are affected by many aspects.

The influence of DanceSport on the dimensions of sport competence is manifested in the large movement range, fast movement speed, fast movement conversion, and high standard of movement. It requires dancers to maintain a good posture for a long time and puts forward higher requirements for their muscle control ability. Over time, the sport competence of the dancer has also been improved accordingly. The condition dimension includes both physical and psychological conditions. DanceSport is a duet dance, which means that it not only requires the dancers to have the ability of muscle coordination, but also needs to cooperate with the partner. In the process of cooperation, both of the dancers can meet their social needs through communication. Performing dance exercises in a relaxed and pleasant environment, the dancer's body and mind are relaxed, and the stress of study and life is also relieved. Long-term practice can promote a healthy physical and mental state of dancers.

Although the results of sports dance on the various dimensions of body-esteem are different, most of the research shows a significant improvement in body. The basic posture of DanceSport requires the dancer to maintain their head up and their muscles tightened, which can significantly correct their unhealthy posture caused by negligence in daily life. In addition to paying attention to the standardization of movements during the practice, the dancers will be more self-conscious about the gracefulness of their postures and limbs. With the Power stereotypes finalized, the quality of movement is improved, and the beauty of the body can also be reflected, thereby increasing the dancers' physical attractiveness.

Strength dimension includes many aspects, such as strength, speed, endurance, agility and flexibility. In previous studies, the effect of DanceSport on this dimension is not significant. This may be because the improvement of physical fitness is a relatively long process and requires a certain period and intensity of stimulation. When practicing DanceSport, the dancers' body parts such chest, back, abdomen, and legs need to be continuously exerted force, which has a certain effect on the development of strength quality. And the rich action and rhythmic music can promote the development of speed quality. In addition, dancers usually practice their routines or choreography, and a choreography usually contains dozens of movements, so the dancers are required to have a certain endurance to complete. When dancers reach a certain level and can handle music to a certain extent, they need to have a certain degree of agility and flexibility to complete styling actions.

DanceSport has the dual characteristics of sports and dance, and has multiple aesthetic perception such as the beauty of body, dance posture, costume and music. As the dancers become more proficient in the movements, the dance posture will be more graceful. While the dancers are more satisfied with the dance posture, they can also have the energy to enjoy music. In the process, their sense of self-worth can be improved.

## 5. Conclusion

There is no doubt that DanceSport can promotes the development of body-esteem of college students. Since Chinese State Council issued the National Fitness Plan (2021-2025), it has advocated to deepen the integration of sports and education to ensure college students' sports activities and promote the integrated development of national fitness. Issues related to the mental health of college students in China have become one of the hot spots of research. At the same time, as an "imported product," DanceSport is still a

minority exercise program in our country. The physical and psychological benefits it can bring and the mechanism of its action are worthy of attention by researchers. The research results can provide corresponding theoretical and practical support for DanceSport projects to promote the physical and mental development of Chinese college students, provide a basis for the country to formulate relevant policies, and jointly promote the overall physical and mental development of Chinese college students.

### Disclosure statement

The author declares no conflict of interest.

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