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I declare that the work in this dissertation was carried out in accordance with the regulations of University Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This topic has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

In the event that my dissertation be found to violate the conditions mentioned above, I voluntarily waive the right of conferment of my degree and agree be subjected to the disciplinary rules and regulations of University Teknologi MARA.

Name of Candidate : 'Ain Nadiah Binti Jamaludin

Candidate I.D. Num. : 2011299966

Programme : Bachelor of Nutrition and Dietetics (Honours)

Faculty : Faculty of Health Sciences

Thesis Title : Body Image Perception Based on Body Image States  
Scale (BISS) Among Dancers in Klang Valley,  
Malaysia

Signature of Candidate : .....

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# **BODY IMAGE PERCEPTIONS AND FEAR OF APPEARANCE AMONG DANCERS IN KLANG VALLEY, MALAYSIA**

## **ABSTRACT**

**Background:** Dancers are a group whose profession is dancing and believed to be predisposed with highly concerned body image and fear of appearance. Their job necessity exposed this group often to strive for thinness and concerned about their body image, hence, could lead them to engage with unhealthy behaviour such as diet and lifestyle which can cause eating disorder. **Objective:** This study was conducted to identify the body image perception and the level of fear of appearance and its relationship with demographic data among dancers. **Method:** This cross sectional study was conducted with 155 dancers in Klang Valley using Body Image State Scale (BISS), Body Shape Questionnaire (BSQ) and Fear of Negative Appearance Evaluation Scale (FNAES) through self-administered questionnaire. Height was measured by stadiometre and weight was measured by weighing scale to get their BMI status. Data was analysed using SPSS version 22.0 and statistical analysis used were frequency, mean, standard deviation and chi-square. **Results:** Out of 155 dancers, almost 50% of female dancers were dissatisfied with their body image. In addition, more than 50% of female dancers are having a body shape concern despite having a normal BMI status. The fear of appearance's level is also higher among female dancers compared to male dancers. **Conclusion:** Most of the female dancers are having higher body image dissatisfaction and fear of appearance compared to male dancers. This is true to the fact that dancer is a person whose concern to body image and fear of appearance is high.

**Keyword:** Body image perception; Body Mass Index; dancers; fear of appearance; body shape

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*'Ain Nadiyah Binti Jamaludin and Ajau Danis, PhD*

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*Basirah Binti Mohamad Dali and Ajau Danis, PhD*

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*Norfarahin Binti Marzuki and Ajau Danis, PhD*

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