

職業舞者身體形象與飲食行為之研究

摘要

本研究之目的在了解職業舞者因注重外在身體形象的影響而產生的飲食行為，與其行為之意義為何，透過質性研究的深度訪談，以了解其飲食行為之經驗。本研究採用質性研究之多重個案研究法，以目的取樣方式邀請七位職業舞者為研究參與者，蒐集一對一個別深度訪談資料，並以生活觀察資料及飲食記錄表為輔，期間研究者撰寫詳細研究者日誌。為增強研究之可信任性，參與者檢核、同儕檢核及描述研究歷程的工作持續進行至研究結束。本研究分析方式採敘說分析，並以「精華小品」方式呈現職業舞者飲食偏差之經驗；最後，分析影響職業舞者飲食行為之原因。其主要發現如下：一、「不正常」飲食為「正常」飲食；二、吃得「少」卻覺得很「多」；三、胖瘦之間的「迴遞」過程。希望透過本文敘述，能提供正在付出心力的舞者、及從事有關肢體表演工作者作參考。

關鍵詞：身體形象、飲食行為、職業舞者

A Study on Dancers' Body Image and Dietetic Behavior

Abstract

The purpose of this study was to understand professional dancers' diet behaviors based on their emphasis on body image, and the meanings of their behaviors. This study applied qualitative multi-case study method and invited seven professional dancers as study participants. The data consisted of one-to-one in-depth interview transcriptions, observation notes, and diet records. Besides, the researcher wrote journals throughout the whole study to keep records of the researchers' reflections. In order to strengthen trustworthiness of the study, the researcher used member check, peer examination, and writing audit trail. By way of narrative analysis, the findings contained these dancers' experience of dietetic disorder that was presented through "vignettes." Finally, the main findings for the dancers' dietetic disorder contained 1) taking the irregular diet behaviors as normal; 2) eating little and feeling enough; 3) showing a repeated process. Hopefully, the findings provide hard-working dancers and performers with reference materials.

Keywords: body image, eating behavior, professional dancers