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The Effects of Dance Major Students' Performance Confidence and Self-Efficacy through Physical Self-Perception on Dance Flow and Dance Performance Satisfaction

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무용전공대학생들의 신체적 자기지각을 통한 공연자신감 및 자기효능감이 무용몰입과 무용수행만족에 미치는 영향

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Abstract

This research paper looks into the interrelationships between physical self-perception, performance confidence, physical self-efficacy, dance flow and dance performance satisfaction with dance major students as the central figure. It also looks into the needs of dance majors, and in order to understand the accomplishment in dance and performance satisfaction, studies were carried out on 313 dance major students. According to this research, firstly, in the difference from physical self-perception according to general characteristics, specialists that major in dance have perception about one's body when specialists have a longer dancing time and experience. In the relationship between dancing experience and self-efficacy it could be seen that self-efficacy is postirely comelated with dancing experience. Also, in dance performance satisfaction, the more experience or time one encounters dance the higher the satisfaction. Secondly, when looking at the effect physical self-perception has on performance, confidence and self-efficacy, among the lower factors of physical self-perception, sports competence, condition and fitness have notable amount of effect on performance confidence. Thirdly, when looking at the effect on physical self-perception and self-efficacy, sports competence and condition have a certain amount of influence on body competence. Also sports competence, condition and fitness have some influence on physical confidence. Fourth, when looking at the influence of performance confidence and self-efficacy on dance flow, performance confidence, body competence and physical attraction have some effect on behavioral devotion. Lastry looking at the influence dance flow has on dance performance satisfaction, only behavioral devotion has much influence on dance performance satisfaction.

Key words : Dance, Physical self-perception, Performance Confidence, Self-efficacy, Dance performance satisfaction

Ⅰ. Introduction

1.1. Research objective

Today public interest on the body have become concentrated generally on health and beauty. Especially the desire for beauty has encouraged the

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※ This study will summarize the 2012 doctoral dissertation kimnamyoung.

change in values about the body. Also, the amount of satisfaction with the body is related to the sense of self-efficiency and, in addition, influences one's life. For example, the satisfaction of appearance could both promote and lower one's pride.

Baek (2007) says that the influence bodily satisfaction has on self-efficacy development differs according to the standard (one's internal traits such as character, ability and interpersonal characteristic or external traits that can easily be seen in other's eyes such as looks or social status) of one`s valuation and consciousness of oneself. Thus, instead of one's personal subjective valuation, how much gets a favorable response influences self-efficacy development more.

Also, it can be concluded that self-efficacy and satisfaction standards differ from the general public. Like this, the dancer's body plays an important role in dance and the physical self-efficacy that the dancer themselves feel varies among individuals. In addition, according to physical self-efficacy, the attitude of living and adaption may differ. In other words, the self-efficacy perception that dancers feel can have an effect on the dancer's life overall. From this perspective, physical self-efficacy could be a direct cause of influence in school life of students that major in dance.

Immersion is a psychological status of a human's life in its happiest moment, and the characteristics of immersion is not an external aim attainment but a metaphorical action that the reason is hidden in the activity itself. Being in the zone means that the cause of action is autotelic experience that is inherently synchronized (Csikszentmihalyi, 1977). Furthermore, Ghani and Deshpande (1994) defines immersion as more than just a feeling of happiness when being absorbed in something but a total psychological commitment and a state of immersion as a product of hard work earned through cultivating one's skills for a long time.

Dancing is an act of expressing one's inner world to the outside world. In order to do so, not only physical self-perception and performance are needed but also constant dance practice and body training are required. Moreover, discovering the social psychological factor of dancers and physical factors for continuous dance practice is needed. Studies on the relationship are also needed, such as including kind of influence performance confidence and self-efficacy has through physical self-perception of students that major in dance, and what influence the degree of dance flow has on dance practice satisfaction. Eventually, this is because research results about these kinds of aspects can lead to continuous dance practice of university dance majors and can be a base line data needed for dancers to become the best by raising the degree of satisfaction of dance practice.

1.2. Research Purpose and Hypothesis

This study ultimately focuses on leading variables that can influence dance satisfaction by understanding the performance confidence and self-efficacy through dancing. This research can increase the level of fitness ability and confidence needed for dance performance of dance major student, and further provide base line data needed for raising practice satisfaction of dance (major). The research hypothesis is as follows:

Hypothesis 1 : Performance confidence and self-efficacy will influence dance flow to a certain dance.

Hypothesis 2 : Performance confidence and self-efficacy will influence dance practice satisfaction to a certain amount.

Hypothesis 3 : Dance flow will influence practice satisfaction to a certain.

Ⅱ. Research Method

2.1. Subject of Study

In order to find out the general characteristics of respondents, an analysis of frequency data was carried out and the result is shorn in. Table 1. The number through the survey conducted to dance major university students was 313 students: 286 female students (91.4%) and 27 male students (8.6%).

2.2. Measurement Tool and Method

The measurement tool used to accomplish the goal of this study was a survey. Some of the questions, among the tools which dependability and validity have already been verified in domestic and foreign advanced researches, were modified for this research. The survey used to find out physical self-perception was Fox and Corbin's survey

<Table 1> The Demographic Characteristics

	Division	The frequency(N)	%
Sex	female	286	91.4
	male	27	8.6
Age	below twenties	106	33.9
	21	91	29.1
	22	41	13.1
	23	47	15.0
	more than 24	28	8.9
Grade	grade 1	109	34.8
	grade 2	93	29.7
	grade 3	43	13.7
	grade 4	68	21.7
Allowance	below \300.000	52	16.6
	below \400.000	67	21.4
	below \500.000	92	29.4
	below \600.000	27	8.6
	below \700.000	35	11.2
	below \710.000	40	12.8
Career	less than 5 years	69	22.0
	less than 5~10 years	160	51.1
	more than 10 years	84	26.8
Dance Time	less than 2 hours	68	21.7
	less than 3 hours	139	44.4
	less than 4 hours	56	17.9
	more than 4 hours	50	16.0
Number of Performance	less than 5 times	46	14.7
	less than 10 times	90	28.8
	less than 15 times	62	19.8
	more than 15 times	115	36.7
Total		313	100

(physical self-perception profile: PS) that Yu, So (1998) used 20 questions composed of 4 factors: sports competence, physical condition, attractive body and fitness. The survey used to find out performance confidence is Vealey's (1986) character sports confidence survey (trait sport confidence inventory: TSCI) which Choi (1988) used 13 questions adequate Korea composed of a factor. The physical self-efficacy research tool was made by Ryckman, Robbins, Thornton, Cantrell (1982) and it was composed of 3 factors (body competence, physical confidence and physical attraction) and 15 questions which were evaluated and revised from Hong`s (1996) adapted tool. Dance flow is based on Scanlan, Simons (1993) ESCM (expansion of sport commitment model) with 15 questions composed of cognitive commitment and lower factor of behavioral commitment. To measure dance practice satisfaction, 3 questions that were researched by Bae (2003) about the satisfaction that people who major in dance acquire in dance majors, and the seven point Likert scale was used.

<Table 2> Factor Analysis of Performance Confidence and Self-efficacy

	Performance Confidence	Body Competence	Physical Confidence	Physical Attraction	Cronbach's α
unfavorable situation	.820	.138	.193	.193	
confident	.807	.157	.108	.213	
successfully	.805	.198	.238	.138	
dance contest	.802	.169	.156	.182	
performance	.796	.148	.234	.135	
overcome	.796	.194	.191	.198	
carry	.792	.235	.173	.031	.926
consistently	.788	.185	.305	.171	
each performance	.787	.153	.291	.167	
easily	.770	.240	.240	.031	
skills	.720	.247	-.001	.170	
important decision	.698	.298	.154	.121	
concentration	.689	.237	.373	.019	
making a plan.	.269	.782	.219	.138	
situation seems	.253	.742	.300	.121	
accurately	.256	.713	.195	.291	.891
situation	.233	.677	.232	.324	
work out at first.	.305	.672	.194	.290	
information	.284	.255	.793	.178	
succeed	.284	.265	.784	.154	.918
difficult situations	.336	.295	.769	.185	
over the hard one	.221	.187	.762	.154	
laborious	.220	.244	.081	.791	
systematically	.135	.266	.193	.749	.901
exciting	.234	.236	.263	.731	
Eigen-value	8.614	3.570	3.443	2.438	
Variance(%)	34.456	14.281	13.771	9.75	

Partial items were removed through a scale process for the measuring variables. First, to verify validity, an exploratory factor analysis was executed. To extract factors of organizing from all measuring variables, the principal factor method was used. For the simplification of the factor loading amount, varimax was selected. For factor loading amount that is greater than 1.0 eigen value, .5 and above was used as the standard. The result is shown in <Table 2> to <Table 5>.

2.3. Research Procedure and Data Processing

In order to find out the general characteristics of physical self-perception, performance confidence, self-efficacy, dance flow and dance practice satisfaction of dance majors, the relationship of performance confidence, self-efficacy and dance flow, and the relationship of dance flow and dance practice satisfaction, the researcher and research assistant distributed and collected the surveys by personally visiting the subjects of study. After explaining the purpose of research to the subjects the subjects were asked to answer the survey through a self-administration method. Among the 400 surveys, after excluding data that were judged as hollow and not reliable from the subject of analysis, data that were analyzable and useful were analyzed using the SPSS 16.0 Version. The data processing methods are as follows.

Firstly, to understand the general characteristics of the subjects of study, a frequency analysis was executed.

<Table 3> Factor Analysis of Dance Flow

	Behavioral Devotion	Cognitive Commitment	Cronbach's α
dancing activities.	.863	.242	.878
happy	.861	.264	
dance	.851	.242	
continue	.848	.239	
time.	.844	.230	
wait	.820	.174	
proud	.812	.170	
physical activity	.767	.247	
preferentially	.172	.876	.851
material related	.268	.806	
crazy	.208	.783	
frequently	.217	.745	
Eigen-value	5.753	3.002	
Variance(%)	47.945	25.019	

<Table 4> Factor Analysis of Dance Practice Satisfaction

	Behavioral Immersion	Cronbach's α
dance curriculum	.926	.808
dance leader	.838	
facilities	.787	
Eigen-value	2.178	
Variance(%)	72.595	

Secondly, to verify the validity and reliability of the measurement tool, a factor analysis and reliability analysis wase executed.

Thirdly, to analyze how dance major's physical self-perception affects performance confidence and self-efficacy, how performance confidence and self-efficacy affect dance flow, and how dance flow affects dance practice satisfaction, a multiple regression analysis was executed.

Lastly, all significance level of statistics was set up as $\alpha = .05$.

Ⅲ. Research Result

3.1. The Influence Performance Confidence and Self-efficacy has on Dance Practice Satisfaction

To look into the influence performance confidence and self-efficacy has on dance practice satisfaction, a multiple regression analysis was executed. According to the result <Table 5> of the testing hypothesis of coefficient of determination of the regression analysis, the R^2 value .269 explains 26.9%. According to the model goodness of fit test, the F value is 21.392, which is significant to the level p<.001. It was proved that there was no problem in verifying the influence performance confidence and self-efficacy has on dance practice satisfaction.

When looking at the influencing relationship of performance confidence and self-efficacy on dance practice satisfaction, performance confidence (regression coefficient = .437, p<.001), body competence (regression coefficient = .149, p= 〈.045) and physical attractiveness (regression coefficient = .187, p= 〈.006) is significant to the level of 5%. Thus, as performance confidence, body competence and physical attractiveness increases, it can be seen that dance practice satisfaction also increases.

<Table 5> The Influence Practice Satisfaction has on Performance Confidence, Self-efficacy

Dependent Variable	Independent Variable	Non-regression coefficient	S.E	regression coefficient	t	Significance Probability	R^2	F	Significance Probability
Dance Practice Satisfaction	(Invariable)	1.776	.270		6.586	<.001	.269	21.392	<.001
	Performance Confidence	.456	.069	.437	6.612	<.001			
	Body Competence	.157	.078	.149	2.011	<..045			
	Physical Confidence	.074	.064	.074	1.160	<..247			
	Physical Attractiveness	.180	.065	.187	2.749	<..006			

<Table 6> The Influence Dance Practice Satisfaction has on Dance Flow

Dependant Variable	Independent Variable	Non-regression coefficient	S.E	regression coefficient	t	Significance Probability	R^2	F	Significance Probability
Dance Flow	(Invariable)	2.165	.253		8.555	<.001	.258	53.759	<.001
	Behavorial Devotion	.480	.052	.527	9.256	<.001			
	Cognitive Commitment	-.037	.053	-.040	-.697	.486			

3.2. The Influence Dance Flow has on Dance Practice Satisfaction

In order to find out the influence dance flow has on dance practice satisfaction, a multiple regression analysis was executed. According to the result <Table 6> of the testing hypothesis of coefficient of determination of the regression analysis, the R^2 value .258 explains 25.8%. According to the model goodness of fit test, the F value is 53.759, which is significant to the level of $p<.001$. It was proved that there was no problem in verifying the influence dance flow has on dance practice satisfaction.

When looking at the influencing relationship of dance flow on dance practice satisfaction, behavioral devotion (regression coefficient = .527, $p<.001$) is significant to the level of 5%. Thus, dance flow has a notable amount(+) of influence on behavioral devotion, and as dance flow increases it can be seen that dance practice satisfaction also increases.

Ⅳ. Discussion

To begin with, when looking at the influence performance confidence and self-efficacy has on dance practice satisfaction, it is as follows. The lower factor of physical self-perception, which is an independent variable, is consisted of sports competence, condition, attractive body and fitness. A multiple regression analysis which was executed to find out the influence physical self-perception has on performance confidence. According to the result, the influencing relationship of physical self-perception on performance confidence, sports competence, condition and fitness has a notable amount(+) of influence on performance confidence. As sports competence, condition and fitness increase, it can be seen that physical confidence also increase. According to the analysis of Kim, Park (2007) on the relationship between physical self-perception and confidence, it was proved that related factors of fitness are strongly associated with confidence. Han (2005) proposed that the group that suggested the importance of physical self-perception on physical activities, which has high physical self-perception, shows a high participation degree in constant and regular exercise. In Yu, et al(2002), Sung, et al (2004), Kim, et al Kim (2003) researches, the analysis study by major (dance) of dance performance confidence proposed a dance relevance of physical self-perception and confidence through the report that an important relation exists between the physical activity of dance trainees and psychological factors. In other words, the higher the physical self-perception of dance majors the higher the performance confidence.

Secondly, when examining the influence physical self-perception has on body competence, it could be seen that sports competence and condition has a no table amount(+) of influence on body competence. As sports competence and condition increased, body competence also increased. Next, the relation betwe en physical self-perception and physical confidence was examined. So a multiple regression analysis wa s executed to find out the influence physical self-pe rception has on physical confidence. When looking at the influencing relationship of physical self-perce ption on physical confidence, it was seen that sport s competence, condition and fitness have notable a mount(+) of influence on physical confidence. As s ports competence, condition and fitness increase, it can be seen that physical confidence also increases. In addition, the relationship between physical self-p

erception and physical attractiveness was examined. As a result, in the relationship between physical sel f-perception and physical attractiveness, sports comp etence, condition and fitness have a notable amount (+) of influence on physical attractiveness. As sport s competence, condition and fitness increase it can be seen that physical attractiveness also increases.

Yu, Jang (2002) proves that if physical self-perception is high through the dance activity of ballet majors, self-efficacy also increases. Go, Kim (2006) proves that dance majors that have high physical self-perception also show a increase in dance competence. The results of this paper correspond with the above two studies. Overall, physical self-perception, Brown, Morrowd, Livingston (1982) research, physical activity participation of women is explained in relation to appearance. Thus, it shows that self satisfaction and the body are related, and furthermore, was reported that the increase of physical activity has a positive influence on physical satisfaction.

Thirdly, the result of the examination of the relation between performance confidence as well as self-efficacy and dance flow degree is as follows. A multiple regression analysis which was executed to find out the influence performance confidence and self-efficacy has on dance flow. When looking at the influencing relationship of performance confidence and self-efficacy on behavioral devotion, performance confidence, body competence and physical attractiveness have quite amount(+) of influence on behavioral devotion. As performance confidence and body competence increase, it can be seen that behavioral devotion also increases. Also, in the influence performance confidence and self-efficacy has on cognitive commitment, performance confidence and body competence have a considerable amount(+) of influence on cognitive commitment. As performance confidence, body competence and physical confidence increase, it can be seen that behavioral devotion also increases.

Hong (1996) suggests when one becomes skilled through participation in a swimming program, and as self-efficacy increases, it becomes a more enthusiastic activity. Nam, Lim, Lee, Kim, Kim (2009) states that achievement goal orientations of members of the tennis club influence self-efficacy, exercise immersion, and also reports that achievement goal orientations and sports confidence are related. The results of this paper correspond with the above two studies. Looking at the research results of Jackson (1992), maintaining confidence through good physical preparation promotes a high level of exercise immersion. Moreover, Yoon, Kim, Kim, Moon (2006) claims that body management, life management and intrinsic behavior management etc. of athletes increase confidence by increasing management ability and power of execution through self management arbitration programs. In other words, it can be said that the athlete's self management and confidence maintenance as an important factor on a high level of exercise immersion. Also, it shows that rise in confidence through consistent self management of dance majors that do physical activities can become a factor in increasing dance flow.

Fourthly, when examining the difference between dance flow degree and dance practice satisfaction, the result is as follows. The multiple regression analysis was executed to find out the influence dance flow has on dance practice satisfaction. When looking at the influencing relationship of dance flow on dance practice satisfaction, only behavioral devotion has a notable amount of influence on dance practice satisfaction. With the increase of behavioral devotion, dance practice

satisfaction increased.

Campbell, Will (1995) considers immersion as the same as sincerely adjust and obsessed in something put into words. They also say a person that is more obsessed in sports tend to experience a psychological concentration which then becomes experience of satisfaction. Thus, immersion through sports appears to lead to satisfaction (Stebbins, 1992). Constant physical management and continuous dance performance are prerequisite for dance flow and people who major in dance that have a high dance flow show an affirmative response to the dance major. Furthermore, this develops into dance practice satisfaction.

Ⅴ. Conclusion

The research result of 313 dance majors in partial areas of the country (Seoul, Busan, Gangwon etc.) to find out the interselationships between physical self-perception, performance confidence, physical self-efficacy, dance flow and dance practice satisfaction with dance majors as the central figure, the needs of majors that presently are majoring in dance and to understand the achievement and practice satisfaction of dance is as in the following.

Firstly, in the difference from physical self-perception, depending on general features, the perception of one's body was high depending on longer dance time and experience for dance majors. In the relationship between dance experience and self-efficacy, the longer the dance experience, the higher the self-efficacy became. Also, dance practice satisfaction increased when experience of dance and dance time was longer.

Secondly when looking at how physical self-perception affects performance confidence, among the lower factors of physical self-perception, sports competence, condition and fitness have quite some effect on performance confidence.

Thirdly, when examining the influence on physical self-perception and self-efficacy, sports competence and condition have influence that can be seen on body competence and sports competence, condition, and fitness have a certain amount of influence on physical confidence. In addition, sports competence, condition and fitness also influence physical attractiveness.

Fourthly looking at the influence performance confidence and self-efficacy has on dance flow, performance confidence, body competence and physical attractiveness has a noticeable amount of influence on behavioral devotion.

Lastly, observing the influence dance flow has on dance practice satisfaction, only behavioral devotion has a considerable amount of effect on dance practice satisfaction. Dance flow is formed through performance confidence or self-efficacy. High dance flow means high attachment to dance or high self-efficacy through dance. So a proportional increase of dance satisfaction can be seen in dance majors that have high dance flow.

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