

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

Megha Sharma^{1*}, Dr. Aradhana Balodi Bhardwaj²

ABSTRACT

Introduction: Dancing is a powerful impulse and helps in channelizing ones energy. It serves different purposes for different individuals. Some seek entertainment with help of dancing whereas someone else might indulge in dancing because of the health benefits that come along. Various emotional can be attached to dancing and in turn it also caters to emotional needs of individuals. The purpose of this study was to study the impact of contemporary and western dancing styles on the well being levels of young females. **Methodology:** A sample of 80 females between 17-21 years of age was taken up for this particular study. The sample was divided equally into two groups of contemporary and western dancing styles. The Ryff Psychological Well Being Scale was used for administering the well being levels of participants' pre and post the dance training. **Results and Implications:** The results showed that there was no significant difference between the well being levels of individuals on pre and post dance training measures. There was no significant difference between the overall well being levels of contemporary and western dance training groups. Also, there was no increase in the well being levels of young females post the dance training.

Keywords: *Psychological Well Being, Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose In Life And Self Acceptance.*

Dancing can be described as the movement of the body, usually rhythmically with or without music, using prescribed or improvised steps and gestures. Dancing transforms images, ideas and feelings into sequences of movement that are personally and socially significant. When individuals move and dance, that movement allows them to discover, explore and develop their natural instincts for further movement, enabling students of dance to develop not only their motor skills but also their mental and emotional personalities.

Dancing has numerous benefits for participants. These benefits range from physical to psychological. Dancing involves emotions, social interaction, sensory stimulation, motor coordination apart from physical activities. All these together help in creating enriched environmental conditions for individuals. A number of studies have been conducted highlighting

¹ M.A Counselling Psychology, Batch 2013-2015, AUUP, Noida

² Assistant Professor, AUUP, Noida

*Corresponding Author

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

the positives that one receives due to indulging in dance activities. Dancing increases the daily amount of exercise and also helps in socializing with new individuals with similar interests. Increasing exercise automatically reduces stress levels, relaxes and makes our bone- muscles stronger. One additional benefit is that it helps with keeping in check our body weight. This is best for those individuals who might not consider themselves 'sporty' enough to indulge in sport activities or enroll themselves in gyms.

Well- being or welfare is a general term given for the circumstances of an individual or group, for e.g. their psychological, social, spiritual, emotional state. If an individual is high on well-being, it implies that his/ her experiences have been positive, whereas low well- being is associated with negative experiences.

Psychological well-being is a dynamic concept including subjective, social, and psychological dimensions as well as health-related behaviors. When discussing the notion of what makes life good for the individual living that life, it is preferable to use the term 'well-being' instead of 'happiness'. In a layperson's knowledge, popular usage of well being is related to health. A person high on well- being is also considered to be in a good health condition.

A person's well being is what is good for them. Health is one constituent of well being but not taken to be all that matters for an individual's well being.

According to Carol Ryff, psychological well-being is both a theory and measurement scale that she devised to know the levels of well- being of individuals.

1. Self- Acceptance: Self- acceptance means having a positive attitude towards one's own self and is an important aspect of an individual's well-being. When an individual accepts, acknowledges all the aspects of one-self and is aware of the positive and negative qualities, he/she feels content and accepts his/her past and helps to move on in the future.
2. Positive Relation with others: When an individual has warm, satisfying relationships with others with others and cares about their welfare, then a positive relation is maintained. Such individuals have better understandings of the give and take of the human relationships.
3. Autonomy: An autonomous person regulates his/her behavior from within and would evaluate self by a set of personal standards. Such individuals are determined and independent. It is the sense of uniqueness we have for our values, purpose and identity.
4. Environmental Mastery: when individuals make the best and efficient use of the surrounding opportunities they gain a sense of mastery and are competent enough in managing the environment. They can then choose areas best suited to their personal needs and values.
5. Purpose in Life: When individuals understand the purposes that they need to follow in their lives, they then have a sense of direction and are able to give meaning to present and past occurrences in their lives. They have as set aims and objectives which they strive to achieve.

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

6. Personal Growth: It implies willingness to grow and expand in various aspects of life. A person willing to grow in life is open to new experiences and possesses the sense of realizing their potential. Individuals will then grow in a manner that would reflect more self- knowledge and effectiveness.

An individual's well being is also affected by various factors. These factors may be influenced by the individual differences. What affects one person's well being may or may not affect the well being of some other individual. *These factors maybe the following:*

- Individual characteristics
- Physical environment changes/ threats
- Social changes
- Economic factors
- Retirement and old age
- Change in social support system
- Changes in income
- Loneliness
- Changes in physical health

REVIEW OF LITERATURE

Researchers have shown that various type of dance hold the capacity to positively affect the psychological status of people. There are many areas in which dancing have proven beneficial. Various studies have focused on the role of dance in promoting general psychological well being.

Berryman-Miller conducted a study early in 1988 explored the effects of weekly dance intervention over a span of 8 months. The results found out that these intervention sessions had a noticeable positive impact on the well being and self concept of the participants. The experimental group displayed a stronger self-concept in the areas of physical and personal self.

Berney and Stickley (2009) studied the responses of the participants at the Young @ Heart project. In this project, weekly creative dance classes were provided for the participants. The researchers reported that the participants experienced various well being and social gains as a result of the creative dance classes. The participants gave positive responses when questioned on their feelings/emotions during the study. They felt an enhanced sense of self- confidence because of both, their feelings of physical gains as well as indulging in group activities. The participants also mentioned in a positive manner about the emotional stimulation that they experienced.

Kreutz and Clift (2009) studied the perceived benefits of dancing on 475 non-professional adult dancers and impact of amateur dancing on well being. Their results indicated that dancing helped these participants gain positive benefits on well being in various aspects. These benefits were

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

also related to emotional, physical, social as well as spiritual dimensions. Such positive benefits also helped in enhancing the self esteem and coping strategies.

Brauninger(2014), along with her team of therapists presented an intervention study examining the correlation between specific Dance Movement Therapy (DMT) interventions and its role in the improvement of quality of life, managing stress and enhancing well being. The findings of the therapists revealed that a relationship exists between the variables and the use of Psychodynamic-oriented DMT. The study was concluded with the results indicating that specific DMT techniques can improve the well-being of individuals.

Goulimaris, Mavradis, et al. (2014) conducted a research aiming to investigate the relationship between the psychological well- being and psychological needs of people who participated in recreational dance activities. The results showed that participants had high means in the satisfaction of basic psychological needs. High positive well- being was also found out with very low levels of psychological stress and fatigue. It was observed that the old age participants experienced positive well- being after indulging in such kind of physical activity.

The British Heart Foundation National Centre for Physical Activity and Health (BHFNC) discussed on their report that physical activity in old age should be given importance to. According to BHFNC and other physical activity studies, dancing can be considered as the most appropriate activity to be explored due to the significant well-being impacts it has on older people.

Koch, Kunz and Lykou (2014) in a Meta analysis evaluated the effectiveness of dance movement therapy and the therapeutic use of dance for the treatment of health-related psychological problems. They examined variables such as body image, well-being, with sub-analysis of depression and anxiety. The results indicated that DMT and dance are highly effective for increasing quality of life and decreasing clinical symptoms such as depression. Aspects such as well being, mood and body image were also affected in a positive manner.

Swedish researchers studied a group of teenage girls suffering from neck and back pain, body stress and depression. They divided the group into two and send one group for weekly dance classes whereas the other group was restricted from dancing. The results indicated that the group which attended dance classes had an improved level of mental health and an enhancement in positive mood effects. These effects lasted for as long as eight months after the classes were ended.

Trinity Laban Conservatoire of Music and Dance and Hampshire Dance(2010)studied the effects of creative dance and physical education on young people. They examined physical aspects and psychological well being. The results indicated that creative dance provides benefits in both

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

physical and psychological domains and these benefits are equal and even more than benefits of physical education.

Quin (2011) carried out a study aiming to assess the physiological and the psychological impact of contemporary dance classes on adolescents. Pre and post assessments of physiological and psychological aspects were done. The results indicated that there was a definite increase in areas of fitness, aerobic capacity and upper body strength. Self esteem also increased statistically ($p=0.01$) with no changes in motivation. The study revealed that dance can statistically improve components of physical fitness, and psychological well being.

Kattenstroth, Kalisch and Holt (2013) investigated the effects of 6 month dance classes on healthy elderly individuals compared to a matched control group. Broad assessments were done pre and post the study. After 6 months it was noticed that the control group did not show any changes but in the dance group it was noticed that parameters such as posture and reaction times showed beneficial effects. Other aspects such as cognitive, tactile, motor performance and subjective well-being were also affected in a positive manner.

Hui, Jean Woo et al. (2009) conducted a study aiming at determining the effects of dancing on health conditions of older people. 111 subjects were put in intervention groups which received dancing sessions over a span of time or control group. Participants were assessed pre and post the study. The results showed significant differences with the intervention group showing a positive change in the resting heart rate, general health, lower limb endurance and bodily pain. They also felt that dancing improved their overall health. The study concluded that dancing has physical and psychological benefits and should be promoted for elderly individuals.

The Trinity Laban Conservatoire of Music and Dance along with BUPA presented a report relating to the psychological as well as physical benefits of dance. Conditions specific activities were taken up. The overall benefits due to dance in relation to particular conditions as well as the general physical improvements were increased cardio vascular, strength and flexibility and improved balance and gait. However, individual differences played an important role as well as the style of dance taken up.

METHODOLOGY

AIM AND OBJECTIVES:

The aim of this study was to study Impact of contemporary and western dancing styles on the well being levels of young females.

The primary objectives of this study are:

1. To examine the relationship of contemporary dancing on the well being levels of females.
2. To examine the relationship of western dancing on the well being levels of young females.

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

3. To study the difference between the contemporary and western dancing on the well being levels of young females.
4. To examine the well-being levels of young female's pre and post contemporary and western dance training.

HYPOTHESES:

1. There would be a significant correlation between dancing and the well being levels of young females due to contemporary dancing.
2. There would be a significant correlation between dancing and the well being levels of young females due to western dancing.
3. There would be a significant difference in the well being levels of contemporary and western dancers.
 - 3.a Significant difference between well being of contemporary dancers on pre and post measures.
 - 3.b Significant difference between well being of western dancers on pre and post measures.
 - 3.c Significant difference between well being contemporary and western dancers on pre and post measures.
4. There would be significant increase in the well being levels of young female dancers post the contemporary and western dance training.

SAMPLE/ PARTICIPANTS:

For the purpose of this study, college going students between 17-20 years of age were selected. A total number of 80 participants were used in this study, divided equally into two groups of *contemporary* and *western* styles of dancing. Each participant would then receive at least three months of dance training in the respective dancing style.

The duration of dance training would be at least four hours a day, five days a week. The participants were given the **Ryff Well Being scale** at the entry level and then would be given again after three months of training.

VARIABLES:

Psychological well-being is a dynamic concept including subjective, social, and psychological dimensions as well as health-related behaviors. When discussing the notion of what makes life good for the individual living that life, it is preferable to use the term 'well-being' instead of 'happiness'.

VARIABLE	SAMPLE 1	SAMPLE 2	TOTAL
Well Being	40	40	80

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

DESCRIPTION OF TOOL:

Ryff Well Being Scale was developed by Carol Ryff. The Ryff Inventory consists of three types of forms- long form (84 statements), medium form (54 statements) and small form (42 statements). For the purpose of this study, small form Ryff Psychological Well Being Scale (PWB) comprising of 42 statements was used.

The scale consists of a series of statements which aim to measure the six dimensions of the psychological well being of the respondents- autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self acceptance.

STATISTICAL ANALYSIS

After the data collection, the statistical analysis would include:

- Mean scores
- Standard deviation
- t- tests
- Graphical representations

On the basis of the statistical analysis, hypotheses would be approved or disapproved.

RESULTS AND DISCUSSION

Table 1. : Comparison of the mean, standard deviation and t values of the well being levels of contemporary dancers between pre and post trials.

VARIABLES	Trials	Mean	Std. Deviation	t
TOTAL WELL BEING	pre	185.225	20.64907	-0.369
	post	186.975	21.75916	
AUTONOMY	pre	28.35	7.08031	-0.947
	post	29.775	6.3629	
ENV. MASTERY	pre	27.7	4.32761	0.26
	post	27.675	4.19027	
PERSONAL GROWTH	pre	33.9	4.48816	-0.98
	post	34.95	5.07356	
POSITIVE RELATIONS	pre	31.6	6.01622	-0.556
	post	32.3	5.2242	
PURPOSE IN LIFE	pre	30.725	5.4443	-0.858
	post	31.725	4.96649	
SELF ACCEPTANCE	pre	32.5	4.98716	1.233
	post	31.05	5.51896	

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

Table 2. : Comparison of the mean, standard deviation and t values of the well being levels of western dancers between pre and post trials.

VARIABLES	Trials	Mean	Std. Deviation	t
TOTAL WELL BEING	pre	180.15	20.56079	0.044
	post	179.95	20.14047	
AUTONOMY	pre	27.45	6.47262	-0.286
	post	27.85	6.02793	
ENV. MASTERY	pre	27.2	3.85773	-0.28
	post	27.45	4.11968	
PERSONAL GROWTH	pre	33.1	4.63432	-0.52
	post	32.55	4.81956	
POSITIVE RELATIONS	pre	31.45	5.06851	0.427
	post	30.925	5.88953	
PURPOSE IN LIFE	pre	31.325	4.74146	0.722
	post	30.525	5.15895	
SELF ACCEPTANCE	pre	29.625	5.81637	-0.853
	post	30.65	4.89138	

Table 3: Combined comparison of the mean, standard deviation and t values of the well being levels of contemporary and western dancers between pre and post trials.

VARIABLES		CONTEMPORARY			WESTERN		
		Mean	Std. Deviation	t	Mean	Std. Deviation	t
TOTAL WELL BEING	pre	185.225	20.64907	-0.369	180.15	20.56079	0.044
	post	186.975	21.75916		179.95	20.14047	
AUTONOMY	pre	28.35	7.08031	-0.947	27.45	6.47262	-0.286
	post	29.775	6.3629		27.85	6.02793	
ENV. MASTERY	pre	27.7	4.32761	0.26	27.2	3.85773	-0.28
	post	27.675	4.19027		27.45	4.11968	
PERSONAL GROWTH	pre	33.9	4.48816	-0.98	33.1	4.63432	-0.52
	post	34.95	5.07356		32.55	4.81956	
POSITIVE RELATIONS	pre	31.6	6.01622	-0.556	31.45	5.06851	0.427
	post	32.3	5.2242		30.925	5.88953	
PURPOSE IN LIFE	pre	30.725	5.4443	-0.858	31.325	4.74146	0.722
	post	31.725	4.96649		30.525	5.15895	
SELF ACCEPTANCE	pre	32.5	4.98716	1.233	29.625	5.81637	-0.853
	post	31.05	5.51896		30.65	4.89138	

Table 4: Comparison of the overall well being of contemporary and western dancers on pre and post trials.

TRIALS	Mean	Std. Deviation	t
Contemporary PRE	185.2250	20.64907	1.10100
Western PRE	180.1500	20.56079	
Contemporary POST	186.9750	21.75916	1.49900
Western POST	179.9500	20.14047	

Table 1. and Table 2 shows the comparison of means, standard deviation and t values between overall well being levels of contemporary dancers and western dancers respectively on pre and post measures along with the comparison between these two conditions for autonomy, environmental mastery, personal growth, positive relations, purpose in life and self acceptance which are the dimensions of overall well being. The results show that there is negligible difference between the overall well being levels of contemporary dancers before and after dance training. Also in autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self acceptance i.e. all the dimensions of well being, the contemporary dancers have not shown any significant difference between pre and post measures.

Table 3. shows the combined comparison of means, standard deviation and t values between the overall well-being levels of contemporary and western dancers on pre and post measures, along with the comparison between these two conditions for autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self acceptance which are the dimensions of well-being. The contemporary and western dancers have not shown any significant difference between pre and post measures on the six dimensions. Table 4. shows the comparison of the mean, standard deviation and t values of overall well being levels of contemporary and western dancers on pre and post measures. The results show that there is no significant difference between the well being levels of contemporary and western dancers on both pre and post measures.

The present study aimed at studying the impact of contemporary and western dancing styles on the psychological well being levels of young females. For the purpose of this study a sample of 80 young females was chosen out of which 40 were enrolled in contemporary dancing style training and the other 40 were enrolled in western dancing style training. The hypotheses set for this study were that there would be a significant correlation between both the dancing styles and well being levels of young females. Also there would be significant increase in the well being levels of young females after the dance training and there would be difference in the well being levels of contemporary and western dancers.

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

However, through the data analysis it can be said that the all hypotheses have not been proved.

Psychological Well Being: There is a minor increase in the mean score of contemporary dancers and a minor decrease in the mean score of western dancers. However, this difference is insignificant. This can be attributed to the time duration of the study. The difference between the pre and post trial was three months, and probably it was not enough to leave a strong impact on the participants of the study. The comparison of the overall well being of contemporary and western dancers on pre and post trial shows that there is no significant difference between the well being levels of contemporary and western dancers on both pre and post dance training trials.

Autonomy: It can be said that there is no difference between the autonomy scores on pre and post trials. Individual differences can be taken into reference here. An individual's autonomic nature is not only depended on the types and duration of dancing one is involved in. The sample comprised of college students and when an individual enters college, a sense of being independent comes in, it is an important milestone in one's life. Probably dancing did not affect the individuals life that much to enhance the level of determination and dependency in life. Graphical representation can also be seen for the above mentioned scores.

Environmental Mastery: There is no significant difference in the well being levels of individuals after contemporary and western dance training. The participants were engaged in a dance training program and the training happened in groups. So that group became a part of their environment for the time period of three months. It can be said that based on individual differences the participants could not make the best use of it and were not able to deal with the new situations in a better manner. Devoting a lot of time to something new might have been taxing for them due to which there was no significant impact on the well being levels of participants.

Personal Growth: There is a minor increase for contemporary dance group and a minor decrease for western dance groups. However, checking the t values for these scores leads us to stating that there was no significant difference between the pre and post dance training trials.

Positive Relations with Others: There is minor increase in the score of contemporary dance group and a negligible decrease in the score of western dancers. When considering the t values of both the dance groups it can be said that there is no significant difference between the scores of both groups on pre and post dance training trials. It can be reasoned that the time period of three months was not enough to create a deep bond with each other which would have enhanced the well beings of participants. The participants came as individuals in the training and left as individuals. Even if the participants had a better understanding of interpersonal relationships with others, three months of dance training did not enhance it much to have a significant change.

Purpose in Life: There is a minor increase in scores for contemporary dance group and a minor decrease in scores for western dance groups. After considering the t values mentioned in both these tables, it can be said that there is an insignificant difference between the pre and post dance trials of both the dance groups. Various reasons can be accounted for this resultant data. Since

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

the sample of the study was college going students and majority of the participants were freshmen, they are in an exploring phase of their lives. At times it happens that people get into something only to realize that it is not what they actually want in life. This can also be attributed to the level of seriousness with which the participants had filled the psychological tool.

Self- Acceptance: The t values mentioned in tables 1 and 2 led us to stating that the difference in the well being levels is insignificant. A dance training period of three months can prove to be exhausting for an individual. The demands of the training period might have been too taxing for the individuals. This in turn may have resulted in feeling a negative attitude and sense of hopelessness. A person high on self acceptance has a proper understanding of one's strengths and weaknesses. Chance factors related like personality, interests, family background, past experiences etc might have played a role as well.

After the analysis and discussion of all dimensions it can be said that there was insignificant difference between the scores of pre and post dance training trials. Since a dancer's life involves a lot of physical work, a minor injury can also lead to a negative impact on the psychological status of an individual. So while understanding the results of all domains, this must be kept in mind too.

CONCLUSION

In contrast to previous research findings mentioning and discussing about the profound effects of dance on an individual's well being and other psychological and physical benefits, this study had opposite results.

There was no significant correlation seen between dancing and well being levels of young females due to contemporary or western styles of dancing. There was no significant difference in the well being levels of contemporary or western dance style groups on pre and post dance training measures. There was no significant difference between the well being levels of contemporary and western dancing style groups. Also, there was no significant increase in the well being levels of young females post the contemporary and western dance training.

FINDINGS

In contrast to previous research findings mentioning and discussing about the profound effects of dance on an individual's well-being and other psychological and physical benefits, this study had opposite results.

There was no significant correlation seen between dancing and well-being levels of young females due to contemporary or western styles of dancing. There was no significant difference in the well-being levels of contemporary or western dance style groups on pre and post dance training measures. There was no significant difference between the well-being levels of

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

contemporary and western dancing style groups. Also, there was no significant increase in the well-being levels of young females post the contemporary and western dance training.

FURTHER SUGGESTIONS

- Along with well-being, more psychological variables can be included.
- The sample size should be increased from a total of 80 to at least 200.
- Other dance forms can also be included, and a difference can be seen in the psychological variable levels of Indian dance forms and western dance forms.
- It would be beneficial if the data can be collected and interpreted gender wise, so that gender differences can also be studied.
- Individual scores can also be assessed to understand the effects of individual differences.

PRACTICAL IMPLICATIONS

Dancing can be described as the movement of the body, usually rhythmically with or without music, using prescribed or improvised steps and gestures. Everyone can move in some or the other way. If one does not want to get into professional dancing then they can opt it as a recreational activity. Dancing has numerous benefits for participants. These benefits range from physical to psychological. Dancing involves emotions, social interaction, sensory stimulation, motor coordination apart from physical activities.

This study was based on the changing patterns of dancing and how new and modern dance forms are being introduced on a large scale.

This study can be used as a facilitator to increase the number of researches in psychology, with special regards to dance and the relevance of indulging in dance training in developing an individual's overall personality and improving ones psychological status.

Also due to change in the dance scenario, this research can also be used in making people understand that dancing has so many benefits for individuals and it can be taken up as a career also. This can help in changing the view that people have regarding dance and helping them get convinced that it is beneficial as well.

REFERENCES

- A Brief Dance History; Seattle Dances of Universal Peace. Retrieved from: www.seattledup.org/brief_history.htm
- Brauninger I., (2012) Dance Movement Therapy Group Intervention in Stress Management: A Randomized Controlled Trial (RCT); *The Arts in Psychotherapy*, Volume 39, Issue 5, November 2012, pages 443-450. Retrieved from: <http://www.sciencedirect.com/science/article/pii/S0197455612001104>

Impact of Contemporary and Western Dancing Styles on the Well Being Levels of Young Females

- Brauninger I., (2014) 'Specific dance movement therapy interventions- which are successful? An intervention and correlation study' in *The Arts in Psychotherapy* (19-08-2014). Retrieved from: <http://thewellofdance.wordpress.com/>
- Dancing towards well- being in the third age (2010), Trinity Laban Conservatoire of Music and Dance; London Thames Gateway Dance Partnership. Retrieved from: <http://www.trinitylaban.ac.uk/media/315435/literature%20review%20impact%20of%20dance%20elderly%20populations%20final%20draft%20with%20logos.pdf>
- Goulimaris D., Mavradis G., et al. (2014) 'Relationship between basic psychological needs and the psychological well being in recreational dance activities'; *Journal of Physical Education and Sport (JPES)* Art(43), 277-284, 2014.
Retrieved from: www.academia.edu
- Hui E., Jean Woo et al. (2009) Effects of Dance on Physical and Psychological Well-Being in Older Persons. *Archives of Gerontology and Geriatrics*, 49(1), 45-50, July-August 2009. Retrieved from: <http://thewellofdance.wordpress.com/page/2/>
- Kattenstroth JC, Kalisch T., and Holt S. (2013) Six months of dance intervention enhances postural, sensorimotor, and cognitive performance in elderly without affecting cardio-respiratory functions; *Frontiers in Aging Neuroscience*, 31(2), 2013 Feb 26. Retrieved from: <http://thewellofdance.wordpress.com/>
- Koch, S., Kunz, T. and Lykou, S. (2014) Effects of Dance Movement Therapy and Dance on Health-Related Psychological Outcomes: A Meta Analysis; *The Arts in Psychotherapy*, 41(1), 46-54, February 2014.
- Kreutz, G. and Clift, S. (2009) Shall we dance? An exploration of the perceived benefits of dancing on well-being; *Arts & Health: An International Journal for Research, Policy and Practice*, 2(2), 149-163; 2010.
- Quin, E. (2011;12) 'Dance for your Life: Exploring Health and Well Being implications of a contemporary dance intervention for female adolescents' in *Dance Education* 01/2011. Retrieved from: http://www.researchgate.net/publication/238047309_dance_4_your_life_exploring_the_health_and_wellbeing_implications_of_a_contemporary_dance_intervention_for_female_adolescents
- Trinity Laban Conservatoire of Music and Dance and Hampshire Dance (2010) New Research finds dance enhances well being in girls. Retrieved from: <http://www.trinitylaban.ac.uk/news/latest-news/new-research-finds-dance-enhances-well-being-in-girls>
Retrieved from: <http://www.tandfonline.com/doi/ref/10.1080/17533010903488582#tabModule>
- Bhargave A. (2013, Sep 5) What is contemporary dance? *The Hindu*. Retrieved from: <http://www.thehindu.com/features/friday-review/dance/what-is-contemporary-dance/article5096022.ece>
Retrieved from: <http://thewellofdance.wordpress.com/2014/10/27/effects-of-dmt-and-dance-on-health-related-psychological>