

## Professional Dance in Relation to Quality of Life, Emotional Intelligence and Self Concept

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### ABSTRACT

The present study focuses on studying professional dance in relation to quality of life, emotional intelligence and self concept. Quality of life tends to cover a variety of areas such as physical, mental, psychological, social and spiritual well being, personal functioning and general limitations. Emotional intelligence is the ability of an individual to be aware of their own and other feelings, understand them and use them to take decisions. Self concept is one's perception of self. The samples consisted of 50 professional dancers and 50 non dancers in the age range of 18-30 years. Stratified convenience sampling technique was used for the choice of the sample. The Quality of Life-Scale-R, The Emotional Intelligence Scale (EIS) and the Self Concept Questionnaire (SCQ) was chosen for the conduction of data. The study conducted reveals that there is a highly significant difference in the quality of life of professional dancers and non dancers. There is highly significant difference in the emotional intelligence of professional dancers and non dancers. It also reveals that there is a highly significant difference in the self concept of professional dancers and non dancers.

**Keywords:** *Emotional Intelligence, Self- Concept, Quality of life, Professional Dance*

**D**ance is the specialty of movement of body, typically musically and to music, utilizing endorsed or extemporized steps and signals. "A dance" is any one endorsed grouping of such developments, or the music to which it is performed, or an occasion at which it happens. Dance can be sorted and portrayed in different ways. It might be dissected simply by its choreography, its collection of developments, or it might be characterized by time or spot of root.

Quality of life is the apparent nature of a singular's day by day life, that is, an appraisal of their prosperity or deficiency in that department. This incorporates all enthusiastic, social, and physical parts of the individual's life. Emotional Intelligence (EI) alludes to the capacity to see, control and assess feelings. Emotional Intelligence is the subset of social intelligence that includes the capacity to screen one's own and others' emotions and feelings, to segregate among

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them and to utilize this data to guide one's thinking and activities. Emotional intelligence Quotient (EQ) is the capacity to distinguish, utilize, comprehend, and oversee feelings in positive approaches to diminish anxiety, impart successfully, relate to others, overcome difficulties, and defuse clash. Self- concept (likewise called advancement towards oneself, identity towards oneself, perspective towards oneself or structure towards oneself) is a gathering of convictions around oneself that incorporates components, for example, scholarly execution, sexual orientation parts and sexuality, and racial personality.

Dance is observed to have a therapeutic effect to deal with emotional crises and promote the well being. Dance classes enhances senses of psychological well being, decreases anxiety and depression and also enhances the individuals self perception of confidence, relaxation, energy and intelligence. As it is expected that dance training will enhance the self- concept, quality of life and emotional intelligence, it can be used as a psychological intervention to help individuals improve their self- concept, quality of life and emotional intelligence. Dance Movement Psychotherapy (DMP) can be used as a psycho-therapeutic process in India as well to help the individuals improve their self- concept, quality of life and emotional intelligence.

### REVIEW OF LITERATURE

Sturm, Isrid; Baak, Johanna; Storek, Benjamin; Traore, Annette (2014) did a research on the effect of dance on cancer related issues and the quality of life. Malignancy related weariness is a multidimensional side effect with a disparaged pervasiveness and seriousness in disease patients. The point of the study was to assess the impact of dance as an all encompassing sportive movement in malignancy patients under dynamic anticancer treatment with exhaustion as endpoint. Forty patients under dynamic anticancer treatment with moderate or serious issues were researched in two gatherings for seriousness of exhaustion, personal satisfaction ('European Organization for Research and Treatment of Cancer, Quality of Life Questionnaire') and physical execution ('6-moment walk test') prior and then afterward the study period-group A including 20 individuals who attended 10 dance classes in 5 weeks and group B including 20 individuals who did not attend any dance classes. It was discovered huge enhancements for growth related exhaustion in the mediation contrasted with the control bunch and additionally for enthusiastic and social working scales and physical execution. Dance may be a fitting, powerful approach for treatment of tumor related weakness.

Panaligan, Anna Patricia (2013) investigated dance and self concept. This examination takes a gander at dance preparing and its impacts on Self-concept and Self-observation. In is a writing survey with proposed examination procedure. By breaking down types of dance preparing in diverse movement situations we can figure out which systems consider solid advancement of self. This exploration centres of the contention seeing dance as a game and physical movement. Utilizing Symbolic Interaction Theory this exploration takes a gander at how the particular collaborations of the people in the varying situations influence their advancement of self. Since there are numerous sorts of dances, individual communications in the move domain can be

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exceptionally differed which could identify with the advancement of self. Knowing physical action does lead to positive insight toward oneself, it is important to decide how the diverse situations can influence the last result so that teachers and guides can create viable techniques for educating.

Walter, O and Sat, E(2011) stated that children develop the ability to cope with various tasks and issues in life by getting experience and learning communication with the help of dance. Dance helps them express their ideas and express their feeling through movement. The children learn to move their body and develop imagination. This study was conducted to find out the effect of circle dancing on the emotional intelligence of children. The sample included two groups- a class of students who were exposed to dance in an organized manner and the second group included children who were not taught dancing at all. The emotional intelligence of both the groups was measured through the trait emotional intelligence questionnaire. It found out the emotional intelligence of both the groups throughout the year and their progress. The findings concluded that there was significant improvement in the emotional intelligence of both groups. In addition there was also more improvement in some of the variables of the emotional intelligence of the group who were taught dancing than the other group which was not taught dancing.

Petrides, K; Niven, L and Mouskounti, T (2006) conducted a study based on the trait emotional intelligence of ballet dancers. Trait emotional intelligence includes the affective component of normal adult personality and comprises of the self perception and disposition of the individuals that are related to emotions. Trait emotional intelligence questionnaire was used to find out about the construct validity of the emotional intelligence trait. This study proved that the convergence of the self and other scores of trait emotional intelligence is moderate to high. It also concluded that the relation between ballet dancers training abilities and emotional intelligence is high.

Puretz in (2000) studied impact of dance training on self concept of poor girls. Current examination has shown that one of the impeded child's impairments is a poor thought toward oneself, which is generally reflected in a powerlessness to change in accordance with the school's middle class setting and which comes about, by and large, in instructive hindrance. In advanced instructive dance, the body is utilized both as a method for expression and as a projection of the self. A study was conducted on whether current dance could be utilized to enhance the thought toward oneself of the burdened kid in a school setting. Seventy-five impeded inner-city basic school young ladies were presented to advanced instructive movement as a substitute for the standard obliged physical instruction curriculum, to which a control gathering of 75 young ladies were uncovered. The objectives of the advanced dance class were to build up a vocabulary of development and the opportunity for imaginative, improvisational development. The Lipsit Self-Concept Scale for Children was directed as the pre-test, at the finish of the exploratory period after four months, and again 3 years after the fact. Tables noticing differences between the pre-test post-test scores and the exploratory and control gathering scores were included. The

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information given noteworthy proved that current instructive dance emphatically impacted the child's thought toward oneself.

### **METHODS**

#### ***Aim:***

- To explore the effect of dance training on the quality of life, emotional intelligence and self concept.

#### ***Objective:***

- To examine the relationship between dance training and quality of life.
- To investigate the effect of dance training on emotional intelligence.
- To study the relationship between dance training and self concept.

#### ***Hypothesis:***

- There will be a significant difference in the quality of life of dancers and non- dancers.
- There will be a significant difference in emotional intelligence of dancers and non-dancers.
- There will be a significant difference in self concept of dancers and non- dancers.

#### ***Participants:***

The total numbers of participants used for this study were 100 participants equally divided into two groups of 50 professional dancers and 50 non dancers, belonging to the age group of 18-30 years.

#### ***Research Design:***

A comparative study on the lines of ex post facto research design is used.

#### ***Instrumentation:***

The tools which were used for the study included: The Quality of Life Scale-R by B.I. Dubey, Padma Dwivedi and S.K.; The Emotional Intelligence Scale (EIS) was by Anukool Hyde, Sanjyot Pethe and Upinder Dhar and The Self Concept Questionnaire (SCQ) by Dr. Raj Kumar Saraswat.

#### ***Procedure:***

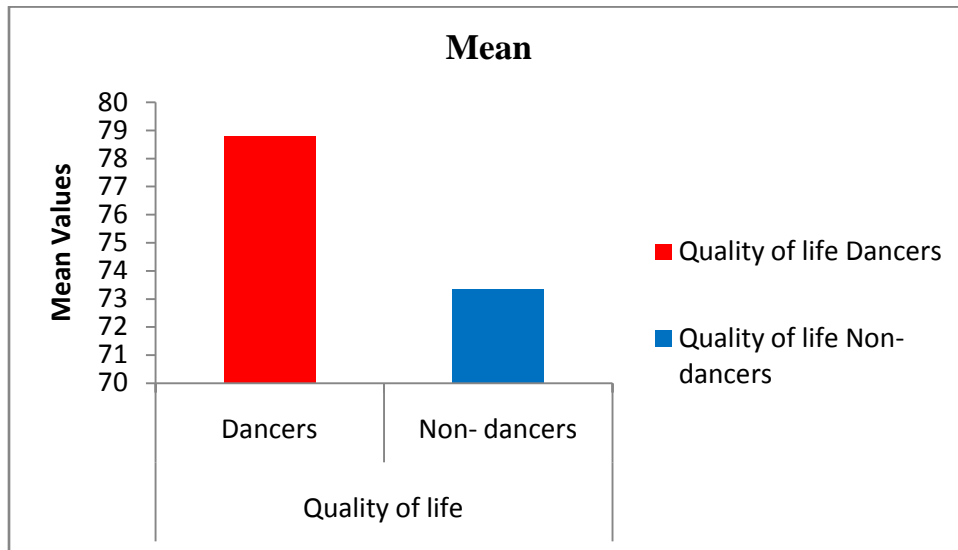
After collection of data of both professional dancers and non- dancers, their scores were calculated and the raw data inserted to a master chart. Data collected was further sent for analysis and the statistical procedures that were used included: Mean and T test and the hypothesis formulated were then accepted or rejected.

**RESULTS AND INTERPRETATION**

*Table 1.1*

Mean	Dancers	Non- dancers
Quality of life	78.78	73.34

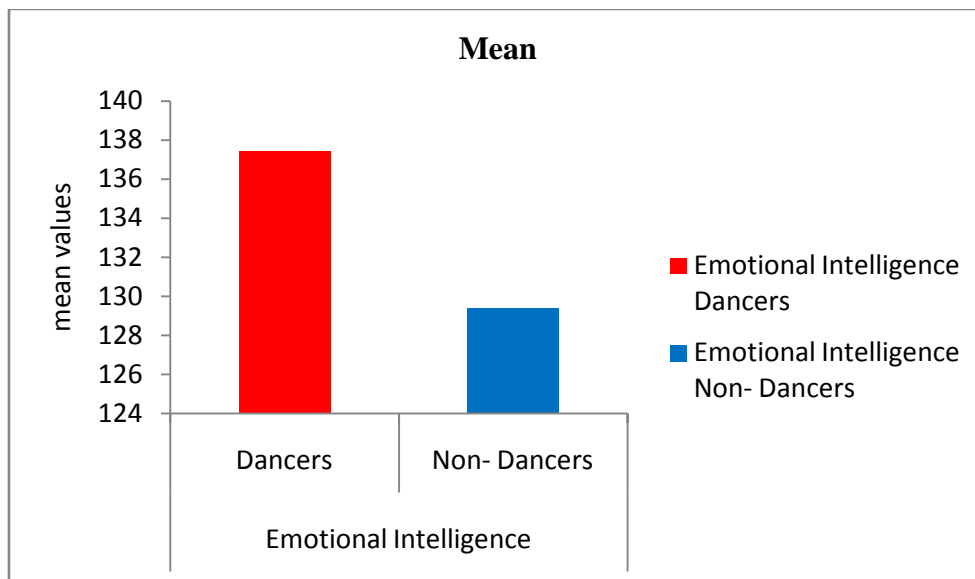
*Table 1.1 explains the difference of the Means of the Quality of life of Professional dancers and Non- dancers.*



*Table 1.2*

Mean	Dancers	Non- dancers
Emotional Intelligence	137.46	129.4

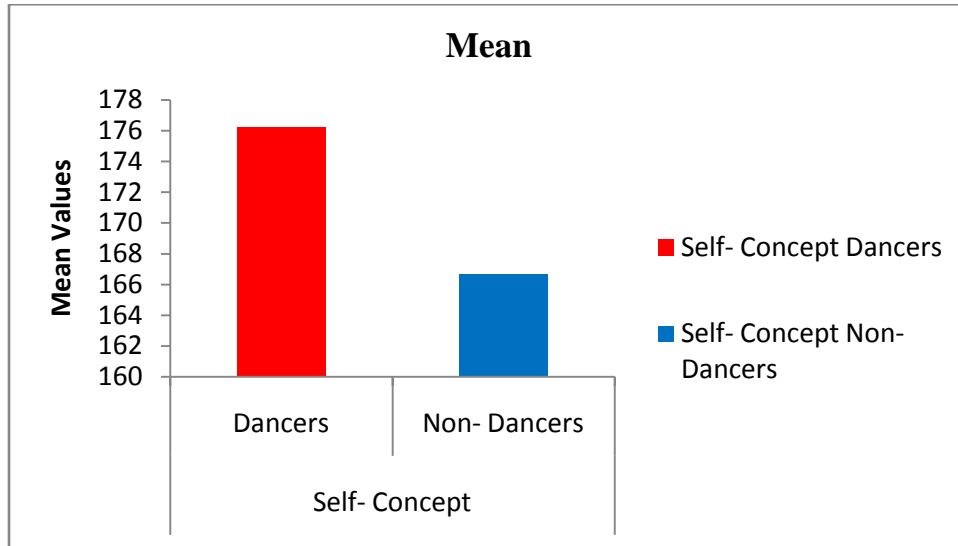
*Table 1.2 explains the difference of the means of the Emotional Intelligence of Professional dancers and Non- dancers.*



**Table 1.3**

Mean	Dancers	Non- dancers
Self- Concept	176.26	166.66

*Table 1.3 explains the difference of the means of the Self- Concept of Professional dancers and Non- dancers.*



**Table 1.4**

Variables	T- test Values between dancers and non dancers	Significance
Quality of life	2.975	Highly significant
Emotional Intelligence	3.074	Highly significant
Self- Concept	3.158	Highly Significant

Table 1.4 explains the T- test Values between Professional dancers and Non- dancers on the variables of Quality of life, Emotional Intelligence and Self- Concept. It also shows the significance of difference between Professional dancers and Non- dancers on the variables of Quality of life, Emotional Intelligence and Self- Concept.

## **DISCUSSION**

The current study aimed to explore the effect of dance training on the quality of life, emotional intelligence and self concept. It was a comparative study between professional dancers and non-dancers.

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The sample comprised of 100 individuals, i.e. 50 professional dancers and 50 non dancers. Individuals ranging between the age group of 18- 30 years were chosen for this investigation due to the primary reason that individuals by this age have gained a lot of experience in dancing and dance training has had an effect on the quality of life, emotional intelligence and self- concept. In the present study only modern dance forms were taken in the inclusion criteria such as street jazz dance, hip hop dance, contemporary dance and belly dance form.

This is where the objective of the present study comes to examine the relationship between dance training and quality of life, to investigate the effect of dance training on emotional intelligence and to study the relationship between dance training and self concept.

After the data was collected from dancers and non- dancers, their scores were calculated and analyzed using mean, t test and graphical representation to better understand them. Following are the results which were found out after in-depth analysis of the result; the mean quality of life of the dancers came out to be 78.78 and the mean emotional intelligence of the non- dancers totaled to be 73.34. The average quality of life of dancers is more than the non- dancers. The mean emotional intelligence of dancers was computed to be 137.46 and mean emotional intelligence of non dancers came out to be 129.4. The average emotional intelligence of dancers was greater than non dancers. The mean self concept of dancers was 176.26 and the mean self concept of non dancers was 166.66. The average self concept of dancers was more than non- dancers.

The t test score between the quality of life of dancers and non dancers was computed to be 2.975. Thus there is highly significant difference between the quality of life of professional dancers and non dancers. The t test score between the emotional intelligence of dancers and non dancers came out to be 3.074. Therefore there is highly significant difference between the emotional intelligence of professional dancers and non- dancers. The t test score between the self concept of dancers and non dancers was calculated to be 3.158. Thus there is highly significant difference between the self concept of professional dancers and non dancers.

The first hypothesis of the study was that there will be a significant difference in the quality of life of dancers and non- dancers. This hypothesis is accepted and there is highly significant difference in the quality of life of professional dancers and non dancers. This research was also confirmed by Schaffer, Kelsey (2011) who studied the impact of dance program on the quality of life of the inhabitants of nursing home.

The second hypothesis was that there will be a significant difference in emotional intelligence of dancers and non- dancers. This hypothesis is accepted and there is highly significant difference in the emotional intelligence of professional dancers and non dancers. This research has been confirmed by Vancea, Florin (2013). . The study exhibited that bringing together self-improvement, with corporal backing, for this situation through dance and movement, is a

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legitimate strategy for expanding the enthusiastic knowledge by reconnecting with one's own particular body and through the inward unification between body, feeling and reason.

The third hypothesis is that there will be a significant difference in self concept of dancers and non- dancers. This hypothesis is accepted and there is highly significant difference in the self concept of professional dancers and non dancers. This research has been confirmed by Poretz in (2000) who studied impact of dance training on self concept of poor girls.

### CONCLUSION

Dance helps an individual to come out of their shell and increases the self confidence of the individual. The aim of the study is to explore the effect of dance training on quality of life, emotional intelligence and self- concept. The data was collected from 50 dancers and 50 non dancers in the age group of 18- 30 years. The study conducted reveals that there is a highly significant difference in the quality of life of professional dancers and non dancers. There is highly significant difference in the emotional intelligence of professional dancers and non dancers. It also reveals that there is a highly significant difference in the self concept of professional dancers and non dancers. Professional dance could be studied in relation with other psychological variables. The various dimensions of the variables could also be studied by comparing them between dancers and non dancers. Studying the atmosphere of the dance class will provide a lot of information about the environment conditions, competitiveness and the stressors that the dancers face in each dance program. Studies should be done by researchers to find out the effect of dance and exercise on schizophrenia and other mental disorders to understand the effect of dance on psychiatric illnesses. Research should also include interaction among the groups and special attention should be given to gender as a variable. The social implications of the study include the promotion of Dance Movement Psychotherapy in India as a form of treatment for various psychological disorders as the above study has proven that there is significant difference between the quality of life, emotional intelligence and self concept of professional dancers and non dancers.

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