

Movement and Well-being: Through Dance and Non-Dance Activities in College Students

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Introduction

Background

Dance: exercise, art, therapy, communication, community dance
Physical activity: Moving your body, exercise for health purposes
Mind-Body Connection: Holistic connection of the cognitive and physical functions of the body
Positive Well-being- Life satisfaction
Psychological Distress- Feelings of anxiety and depression
Fatigue- Extreme exhaustion

Hypotheses

Primary:

Participants in dance activities would display more of a change before and after movement regarding positive well-being, psychological stress, and fatigue.

Secondary:

Participants in the group dance condition would exhibit more of a change in positive well-being, psychological stress, and fatigue.

Methods

Participants: 108 participants between 18 and 27 years old

Design: 2 [time: pre-test and post-test] by 2 [movement style: dance and non-dance] by 2 [community: group or individual] mixed factorial design.

Measures: Subjective Exercise Experiences Scale (SEES) and the Motives for Physical Activities Measure (MPAM-R)

Procedures: four groups based on movement type:

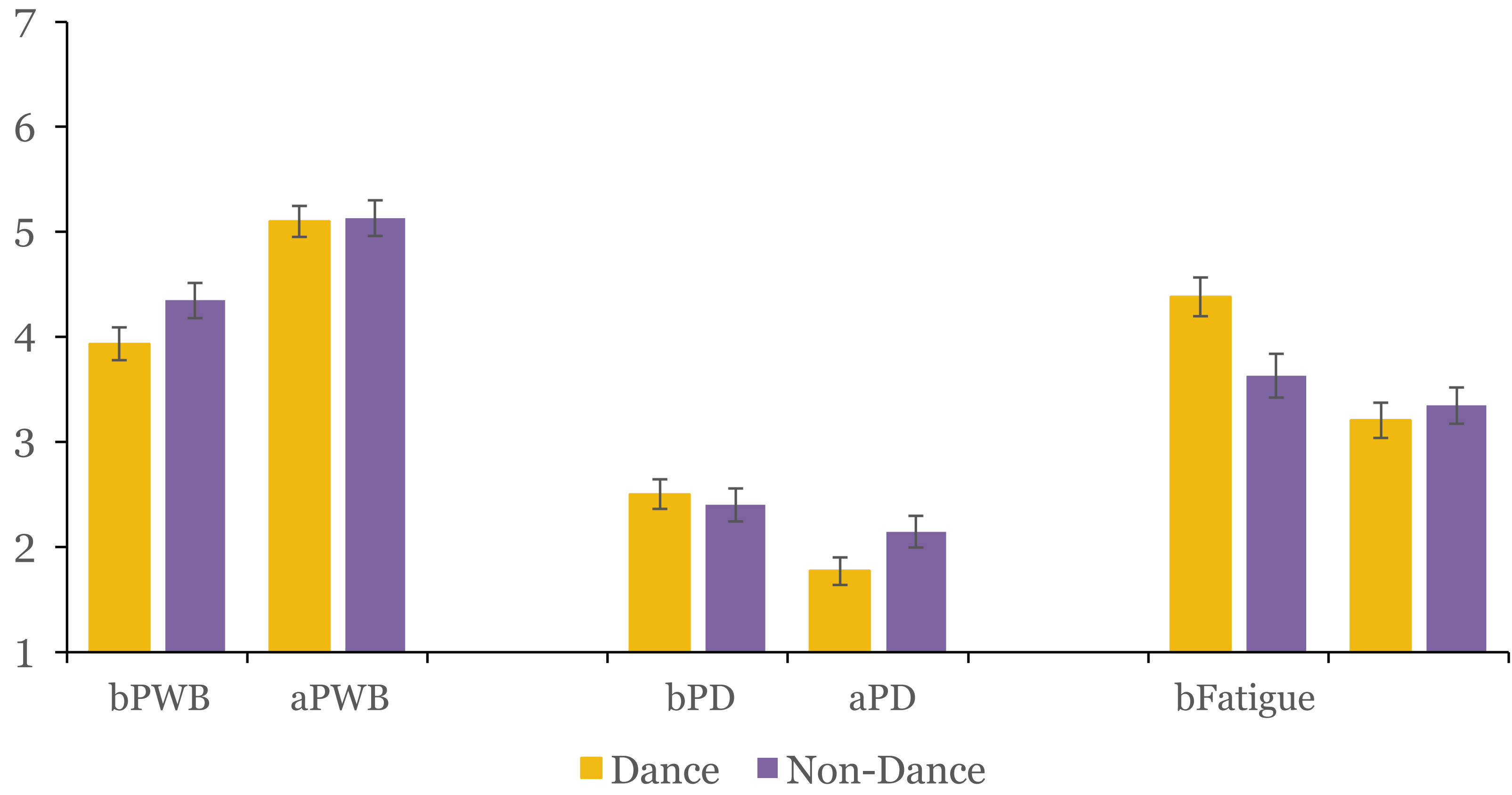
- Group dance (Zumba, dance company, and yoga),
- Individual dance (at-home dance videos and solo dance activities)
- Group non-dance (intermural sports and club sports)
- Individual non-dance (gym and weightlifting)

Participants were all given before and after surveys, including questions from the SEES. The before survey included the MPAM-R, and the after included demographic questions.

Primary Hypothesis

Figure

Pretest-to-Posttest Changes Between Dance and Non-Dance



Note. Positive Well-Being (PWB), Psychological Distress (PD) for all ‘b’ (before, i.e. pre-test) & ‘a’ (after i.e. post-test). Error bars represent ± 1 standard error.

Secondary Hypothesis

Table

Mean and Standard Deviations of Pre-Test to Post-Test Change

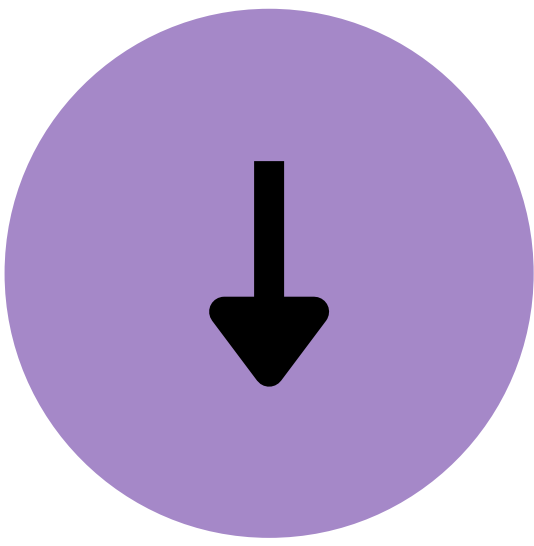
Construct	Condition	Pre-Test		Post-Test		<i>p</i>
		<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Positive Well-Being						
	DI	4.18	1.09	5.03	1.27	.002
	DG	4.15	1.15	5.15	0.81	<.001
	NDI	3.98	1.14	5.09	1.30	<.001
	NDG	4.70	1.16	5.17	1.15	.040
Psychological Distress						
	DI	2.47	1.18	2.05	1.17	.048
	DG	2.53	1.05	1.58	0.60	<.001
	NDI	2.38	1.04	2.07	1.00	.093
	NDG	2.42	1.21	2.22	1.16	.263
Fatigue						
	DI	4.16	1.32	3.04	1.38	.001
	DG	4.54	1.23	3.32	0.97	<.001
	NDI	3.35	1.33	3.42	1.18	.813
	NDG	3.90	1.60	3.28	1.29	.034

Note. DI=The “dance individual” condition. DG=The “dance group” condition. NDI=The “non-dance individual” condition. NDG=The “non-dance group” condition.

Discussion



Positive Well-being



Psychological Distress



Fatigue

Limitations & Future Directions

- Conditions were not even
- Group dance had an instructor telling them what to do
 - Other conditions did not
- Group non-dance had the highest levels of only PWB at the start
- Future Research
 - TIME
 - Time of day
 - Duration of activity

Key Sources

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