The Effects of Dance on Mood, Self Esteem, and Body Composition

Abstract

Introduction: Dance is rapidly growing as a widely recognized form of exercise, but how effective is it at improving body composition and what other effects may it have on a person’s body? Some research suggests that dance does improve body composition and mental health over time, but no extensive research directed at females has been done.

Purpose: The purpose of this research was to evaluate the effects that dance has on an adult individual's mood, self esteem, and body composition.

Methods: Participants in this study included six adult females, who attended two dance classes a week for six weeks. Height, weight, age, resting heart rate, body mass index (BMI), and percent body fat from bioelectrical impedance analysis (BIA) was collected before beginning the study and then again after the six week time period, along with the completion of a Profile of Mood States questionnaire both before and after the six week trial.

Results: There were no significant differences between pre and post data collected (not including POMS results). All values improved, but not enough so to be considered statistically significant. The participants weight was 158.8 ± 18.8 lb. pre and decreased to 157.3 ± 19.6 lb. post. Resting heart rates decreased from 88 ± 8.39 bpm pre to 79.3 ± 8.54 bpm post, body mass index went from 26.6 ± 3.96 pre to 25.9 ± 4.17 post, and percent body fat went from 31.0 ± 7.74% pre to 30.4 ± 7.51% post. A significant outcome was found on the Profile of Mood States questionnaire, though. Based on the participants total mood disturbance score, which was used has 30 questions. Before beginning the six week process, participants were asked to answer how they have been feeling during the past week and circled from 0 to 4 based on those feelings. After completing the six week process, the participants were asked to complete the survey again and circle 0 to 4 based on those feelings.

Conclusions

The results of this study show that there is a significant impact on mood and feelings after participating in a dance program. Though this study did not show a significant change in weight, body composition values, or resting heart rate, there were decreases in the majority of these values in almost all participants. This study can be used as an example for future studies completed on dance and how it can impact mood and body composition. Perhaps when done on a bigger scale or for a more extensive period of time, more positive effects can be proven.