

Findings so far

For all groups targeted, 233 dance sessions were offered, involving 1380 individuals.

Responses from workshops and dance sessions:

Figure 1 Knowsley Boys

Dance was associated with positive mood, a source of fun, and as a means by which to get fit and healthy.

Figure 2 Croxteth Youth

Dance was associated with positive mood and with future performance events. They also commented that it made them feel more energetic.

Figure 1

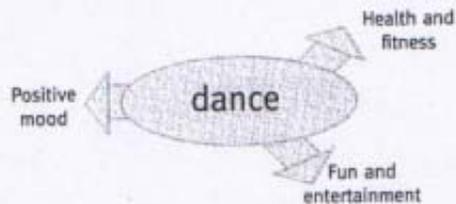


Figure 2

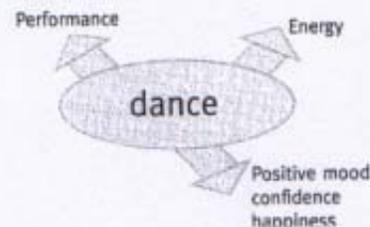


Figure 3 Toxteth Youth

Perceived dance to be associated with exercise and fitness. They also felt that it was a sociable activity, which brought relaxation and fun, as well as providing the opportunity to learn new things.

Figure 4 Wirral Mind

Associated dance with a relaxed state and as a means by which to improve health, increase independence and self-esteem. It was also viewed as a sociable activity.

Figure 3

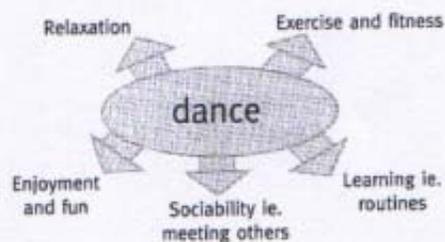


Figure 4



Figure 5 Wirral Mind – dance workers' comments

As a result of feedback from participants, dance workers reported reduced tension and stress, and increased confidence. A reduction in self-awareness was highlighted by comments from participants that they could express themselves 'without worrying what others think', and that they 'forgot about everyone else'. This differed to the club atmosphere which was associated with more restrained behaviour.

Figure 6 Adelaide House – dance workers' comments

Initially some group members felt apprehensive – that they were being treated like children. By building trust, working with the teachers, generated peacefulness, relaxation and a calm emotional state. Dance for this group was also associated with increased creativity and self-confidence.

Figure 5

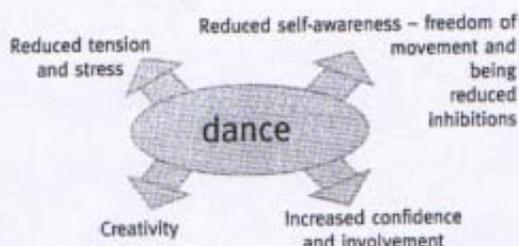


Figure 6

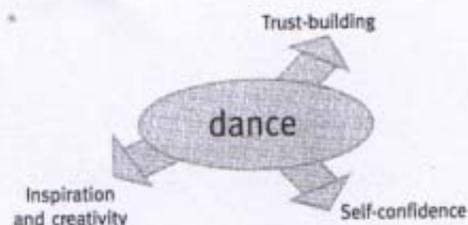
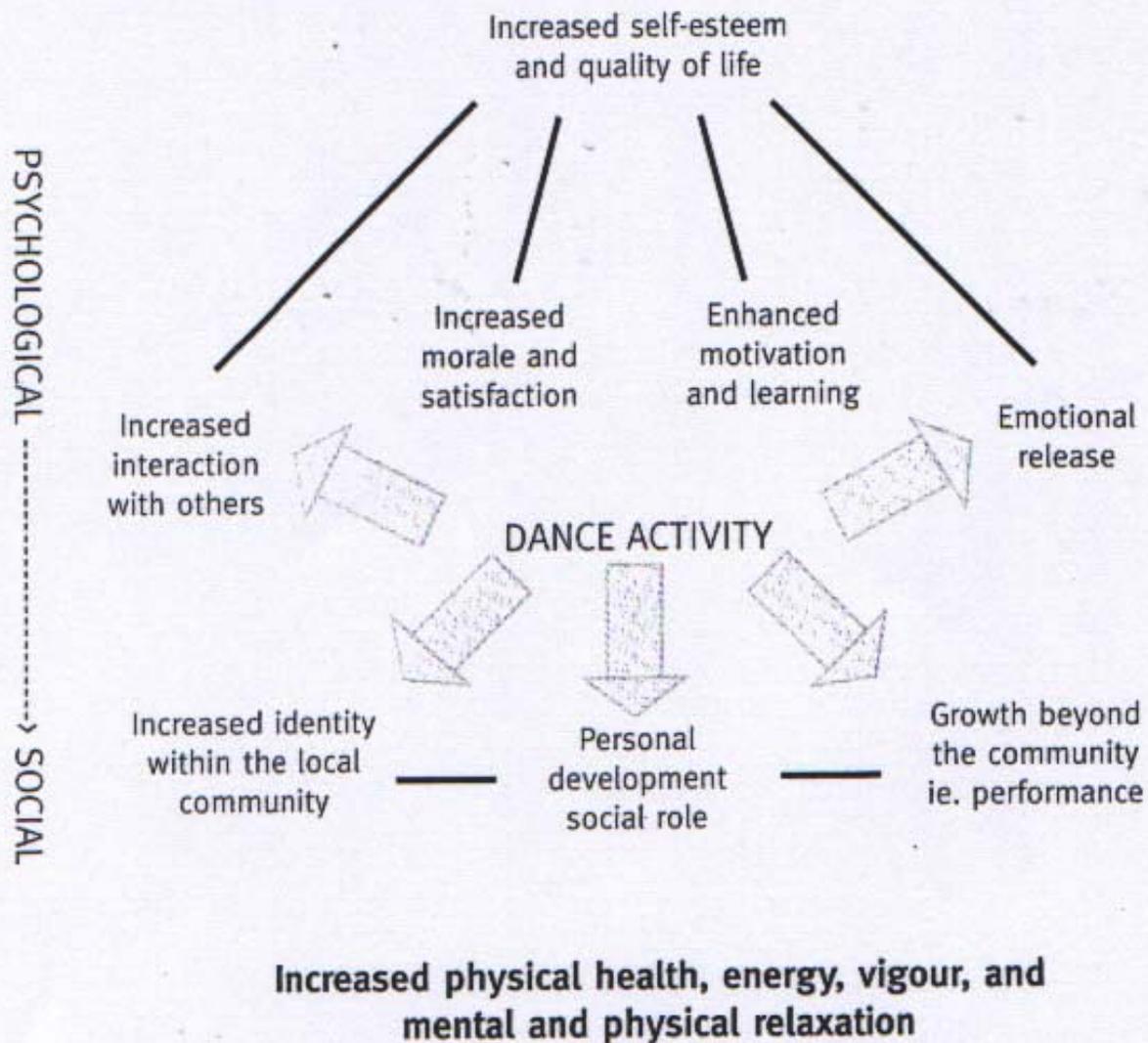


Figure 7 Physical, psychological and social benefits of dance



As mirrored by the findings from groups under investigation, current research and theory propound several positive psychological and social effects associated with dance activity (*figure 7*). Of course, by its very nature, dance is also associated with increased physical health, often manifesting in increased energy and vigour.