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TANIEC TOWARZYSKI I JEGO WPŁYW NA ROZWÓJ STABILNOŚCI EMOCJONALNEJ I ZDOLNOŚCI POZNAWCZYCH JEDNOSTKI

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Adnotacja. Celem badania jest identyfikacja i przedstawienie konkretnych korzyści, jakie taniec towarzyski oferuje dla rozwoju umiejętności poznawczych i odporności emocjonalnej. Wyniki badania wykazały, że taniec towarzyski ma wyjątkowe zalety w rozwijaniu umiejętności poznawczych i zwiększaniu stabilności emocjonalnej, co odróżnia go od innych form ćwiczeń fizycznych. Taniec towarzyski to nie tylko trening fizyczny, ale kompleksowa aktywność, która pozytywnie wpływa na zdrowie psychiczne i emocjonalne. Umiejętnie łączy fizyczne korzyści wynikające z regularnych ćwiczeń z mentalnymi wyzwaniami związanymi z opanowaniem układów tanecznych i emocjonalnym wzbogaceniem wynikającym z ekspresyjnego ruchu i interakcji społecznych.

Słowa kluczowe: taniec towarzyski, rozwój poznawczy, stabilność emocjonalna, krytyczny przegląd literatury, badania empiryczne.

BALLROOM DANCES AND THEIR IMPACT ON THE DEVELOPMENT OF EMOTIONAL RESILIENCE AND COGNITIVE SKILLS OF AN INDIVIDUAL

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Abstract. The purpose of the research is to pinpoint and articulate the specific advantages that ballroom dancing offers in the development of cognitive skills and emotional resilience. The results of the research demonstrated that ballroom dancing possesses unique advantages in developing cognitive skills and enhancing emotional resilience, distinguishing it from other forms of physical exercise. Not just a physical workout, ballroom dancing is a comprehensive activity that positively influences mental and emotional health. The study's findings also reveal that ballroom dancing has a significant positive impact on various facets of emotional intelligence, including empathy, self-awareness, and social skills, as well as on cognitive abilities such as memory, attention, and problem-solving.

Key words: ballroom dancing, cognitive development, emotional stability, critical literature review, empirical research.

БАЛЬНІ ТАНЦІ ТА ЇХ ВПЛИВ НА РОЗВИТОК ЕМОЦІЙНОЇ СТІЙКОСТІ ТА КОГНІТИВНИХ НАВИЧОК ОСОБИСТОСТІ

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Анотація. Мета дослідження – визначити та сформулювати конкретні переваги, які бальні танці пропонують для розвитку когнітивних навичок та емоційної стійкості. Результати дослідження продемонстрували, що бальні танці мають унікальні переваги у розвитку когнітивних навичок та підвищенні емоційної стійкості, що відрізняє їх від інших форм фізичних вправ. Бальні танці – це не просто фізичне тренування, а комплексна діяльність, яка позитивно впливає на психічне та емоційне здоров'я. Вони вміло поєднують фізичні переваги регулярних фізичних вправ з розумовими викликами, пов'язаними з опануванням танцювальних рутин, та емоційним збагаченням, що виникає завдяки виразним рухам та соціальній взаємодії.

Ключові слова: бальні танці, когнітивний розвиток, емоційна стійкість, критичний огляд літератури, емпіричне дослідження.

In today's fast-paced and demanding world, maintaining both mental health and cognitive abilities has become increasingly important. As individuals navigate the complexities of modern life, they often face challenges that impact not only their mental well-being but also their cognitive functions. Mental health issues like anxiety and depression, coupled with cognitive concerns such as decreased concentration and memory, are becoming more common. These challenges can significantly affect everyday life, influencing work performance, social interactions, and overall quality of life.

The interconnectedness of mental health and cognitive abilities is a critical area of focus. Mental health disorders can lead to cognitive impairments, and conversely, weakened cognitive abilities can exacerbate mental health problems. For instance, chronic stress and anxiety can impair cognitive functions like memory and attention, while cognitive decline can lead to feelings of frustration and depression.

Amidst these challenges, finding holistic and effective approaches to enhance both mental health and cognitive skills is crucial. While traditional methods such as therapy and medication are essential, complementary approaches can also play a significant role. Physical activities, especially those that combine physical exercise with social interaction and mental engagement, are increasingly recognized for their comprehensive benefits.

Ballroom dancing is one such activity that offers a unique combination of physical, cognitive, and emotional benefits. It is not merely a form of physical exercise; it is a multifaceted activity that stimulates the mind and nurtures emotional well-being. The physical aspect of ballroom dancing improves cardiovascular health and overall physical fitness, which is intrinsically linked to cognitive function. Regular physical activity has been shown to enhance brain health, leading to improved memory, attention, and problem-solving skills.

Moreover, ballroom dancing involves learning and memorizing routines, requiring cognitive engagement and enhancing memory and concentration. This mental stimulation is crucial for maintaining and improving cognitive abilities, particularly in the face of aging or stress. On the emotional front, ballroom dancing provides a unique opportunity for social interaction and emotional expression. The act of dancing with a partner fosters a sense of connection and teamwork, combating feelings of isolation and loneliness. The expressive nature of dance allows for the release of emotions, serving as a therapeutic outlet for stress and anxiety.

The benefits of ballroom dancing extend beyond mere physical health, encompassing cognitive enhancement and emotional well-being. In a society where mental health and cognitive abilities are increasingly prioritized, embracing activities like ballroom dancing can provide a holistic approach to maintaining and improving these crucial aspects of life.

The purpose of the research is to pinpoint and articulate the specific advantages that ballroom dancing offers in the development of cognitive skills and emotional resilience. This focus is crucial given the existing research gap, highlighting the need for more targeted studies that explore the unique intersections of physical movement, emotional intelligence, and cognitive development inherent in ballroom dancing. Such research is not only academically significant but also carries practical implications for educational and therapeutic applications.

To achieve this purpose, the following tasks have been set:

1. Identify advantages of ballroom dancing over other physical activities: This involves exploring how ballroom dancing compares with other forms of exercise in terms of its impact on both physical health and mental well-being.
2. Determine areas of influence on emotional and cognitive development: The research will look into the specific ways ballroom dancing affects emotional intelligence and cognitive skills, highlighting the areas most positively impacted by this activity.
3. Assess benefits of different ballroom dances for various developmental tasks: The study will examine various styles of ballroom dancing to understand how each type may uniquely contribute to addressing different emotional and cognitive developmental needs.

The exploration of ballroom dances and their impact on emotional resilience and cognitive skills in individuals represents a nascent yet important area of research. While there is a body of work dedicated to the physical aspects and benefits of ballroom dancing, along with separate studies focusing on the principles of developing cognitive skills, there is a notable scarcity of research specifically addressing how ballroom dancing influences the development of cognitive skills and emotional resilience.

The existing literature, such as Baxter's (2020) study, primarily investigates the social and emotional intelligence benefits of ballroom dancing among adolescents. Similarly, Cook's (2005) work focuses on the broader benefits of dance education in middle school settings, emphasizing its role in enhancing various developmental aspects but not delving deeply into the cognitive sphere.

Cooper's (2019) publication, while discussing emotional intelligence, does not directly link these aspects to ballroom dancing. Coubar et al. (2011) present a more relevant insight by exploring how contemporary dance practice can improve cognitive flexibility in aging, providing a pathway to understanding dance's potential cognitive benefits. Judith's (2015) work also emphasizes the interplay between cognition, emotion, and movement in dance but doesn't focus exclusively on ballroom styles.

Research by Keeley and Fox (2009) and Predovan et al. (2018) explore the impact of physical activity and dance on cognitive performance and academic achievement, yet they do not isolate ballroom dancing as a specific area of interest. Keogh et al.'s (2009) and Murrock and Graor's (2014) studies highlight the physical benefits and impacts on depression and physical function through dance, but again, the specificity to ballroom dancing in cognitive development is lacking. Pledger's (2016) examination of ballroom dance as an educational tool provides insights into its unique qualities but stops short of linking these qualities to cognitive skill development and emotional resilience.

The research methodology primarily centered on a critical review of existing literature, which facilitated the systematic synthesis of results from various empirical studies. This comprehensive literature review involved analyzing a wide range of academic journals, articles, and case studies focused on the impacts of ballroom dancing on cognitive and emotional development. By critically evaluating these sources, the research was able to collate and compare findings from different studies, providing a consolidated view of the field. This approach allowed for identifying consistent patterns and drawing informed conclusions about the unique benefits of ballroom dancing.

The significance of physical activity in enhancing and sustaining cognitive skills and mental abilities extends across all age groups, impacting both the youth and adults. Regular physical exercise, especially activities that engage the body and mind like dancing, plays a vital role in promoting overall health, cognitive function, and emotional well-being (Keeley & Fox, 2009).

For adults, these cognitive skills, which include memory, attention, problem-solving, and decision-making, are essential in navigating both professional and personal realms. Engaging in activities that challenge and stimulate the brain, such as dance, is particularly beneficial. These activities not only improve physical health but also boost brain function and neural connectivity. This enhancement is crucial in maintaining cognitive abilities and adapting to the evolving challenges that come with aging.

Emotional resilience, defined as the ability to adapt to stress and adversity, is intimately linked with cognitive skills. In adults, the ability to manage emotions and remain resilient in the face of challenges is often bolstered by regular physical activity. Dance, in particular, offers a unique combination of physical exertion and emotional expression, making it an effective tool for building resilience.

Ballroom dancing, as highlighted in Pledger's (2016) research, offers a unique blend of benefits that sets it apart from other forms of physical activity. Its advantages encompass physical, cognitive, and emotional aspects, making it a holistic exercise option. Here's a more systematic presentation of these benefits:

- *Physical Health.* Ballroom dancing is an excellent cardiovascular workout that enhances strength, stamina, and flexibility. The intricate movements and steps in ballroom dancing also improve balance, coordination, and overall motor skills.

- *Cognitive Function.* This form of dance requires remembering sequences and patterns, thereby boosting memory and cognitive agility. The need for quick decision-making and adaptation during dancing also sharpens mental acuity and problem-solving skills.

- *Emotional Intelligence.* As a social activity, ballroom dancing fosters interpersonal skills, empathy, and emotional awareness. Dancing with a partner requires communication and cooperation, which are essential for emotional intelligence.

- *Social Interaction.* Ballroom dancing provides a platform for social engagement, helping individuals to build and strengthen social connections. This aspect is particularly beneficial for emotional well-being and mental health.

- *Stress Relief and Emotional Expression.* The expressive nature of dance allows for emotional release and stress relief, contributing to improved emotional health and resilience.

- *Inclusivity and Accessibility.* Unlike many competitive sports, ballroom dancing can be enjoyed by people of all ages and skill levels, making it a more inclusive form of physical activity.

- *Lifelong Learning and Engagement.* Ballroom dancing offers continuous learning opportunities, keeping the mind and body engaged throughout life. This aspect of lifelong learning is crucial for maintaining cognitive and physical health as one ages.

Ballroom dancing, as Pledger (2016) points out, is not just an exercise but a comprehensive developmental activity. Its unique combination of physical, cognitive, and emotional benefits makes it an ideal choice for those seeking an all-encompassing form of exercise that enriches the body, mind, and soul.

In the context of ballroom dancing, Baxter (2020) illustrates how participation in such activities can significantly impact the social and emotional intelligence of adolescents. This form of dance not only encourages physical fitness but also fosters emotional understanding and management, skills that are crucial for developing resilience. Similarly, Coubar et al. (2011) demonstrate that the practice of contemporary dance can improve cognitive flexibility, an aspect increasingly important in aging adults. This study suggests that dance, with its complex physical and mental engagement, can enhance cognitive functions that are essential for adapting to age-related changes.

Ballroom dancing, through its physical demands and interactive nature, significantly contributes to the development of emotional intelligence and cognitive abilities. Cook's (2005) research provides insights into how such activities foster these aspects. The physical exertion involved in ballroom dancing enhances brain function and cognitive skills like memory, attention, and spatial awareness. The complex steps and rhythms require concentration and coordination, stimulating cognitive processes. Moreover, ballroom dancing is a social activity, fostering interpersonal skills and emotional intelligence. It demands understanding and responding to a partner's movements and emotions, enhancing empathy, communication, and social awareness.

Judith (2015) further explores this interplay of dance with the brain's cognition, emotion, and movement. This research underscores the comprehensive benefits that dance offers, extending beyond mere physical exercise to encompass cognitive and emotional development.

While there is a growing body of research highlighting the benefits of physical activity on mental capabilities, studies specifically focusing on ballroom dancing provide compelling evidence of its unique contributions. These studies underscore not just the physical but also the cognitive and emotional advantages that can be derived from this form of dance. As such, ballroom dancing emerges as a particularly effective means of enhancing mental abilities and emotional resilience, not only in the young but also in adults.

Let's summarize how ballroom dancing affects cognitive development and emotional stability in Table 1.

Table 1

The main directions of development of cognitive abilities and emotional stability through ballroom dancing

Element	Impact on Cognitive Abilities and Emotional Intelligence
Memory	Enhances both short-term and long-term memory through the requirement to remember complex dance sequences.
Attention and Focus	Improves attentional skills due to the need to concentrate on movements, music, and partner's actions.
Problem-Solving	Develops problem-solving skills as dancers learn and execute complex routines.
Spatial Awareness	Boosts spatial reasoning and awareness through navigation and positioning on the dance floor.
Coordination and Motor Skills	Enhances hand-eye coordination and fine motor skills with intricate dance steps.
Emotional Awareness	Aids in recognizing and understanding one's own emotions and those of others, particularly the dance partner.
Empathy and Sensitivity	Fosters empathy by understanding and responding to the partner's movements and emotional cues.
Social Interaction	Enhances social skills through interaction, collaboration, and communication with dance partners and groups.
Stress Management	Helps manage stress and anxiety through the physical exertion and expressive nature of dancing.
Self-expression	Provides a medium for emotional and creative expression, contributing to personal emotional growth.

Note: systematized by the authors

The study by Predovan et al. (2018) and Keogh et al. (2009) serves as empirical evidence supporting the diverse cognitive and emotional benefits of dancing outlined in the previously mentioned table. This systematic review specifically examines the impact of dancing on cognitive functions in healthy older adults.

Predovan and colleagues analyzed various research studies to understand how different forms of dance influence cognitive abilities in the elderly.

Let's summarize the research on the impact of different types of dance on the development of cognitive and emotional abilities of older people in Table 2.

Table 2

The impact of different types of dance on the development of cognitive and emotional abilities of older people

Dance Form	Cognitive Abilities Influenced	Details of Influence
Ballroom Dance	Memory, Attention, Spatial Awareness	Enhances memory recall and improves focus and spatial coordination.
Contemporary Dance	Problem-Solving, Creativity	Promotes creative thinking and complex problem-solving skills.
Tango	Coordination, Executive Function	Improves balance, coordination, and higher-level cognitive functions.
Line Dance	Memory, Sequencing Skills	Aids in memory through complex sequence learning.
Jazz Dance	Flexibility, Cognitive Adaptability	Enhances mental flexibility and adaptability in learning new steps.
Latin-American Dance	Rhythm, Motor Skills, Cognitive Processing	Improves rhythm comprehension and motor-cognitive integration.
Square Dance	Spatial Orientation, Social Cognition	Boosts spatial reasoning and social interaction skills.
Rock and Roll	Reaction Time, Quick Decision-Making	Enhances quick thinking and responsiveness to changing rhythms.
Foxtrot	Timing, Precision, Concentration	Improves concentration and precision in timing.
Salsa and Rumba	Emotional Expression, Social Interaction	Facilitates emotional understanding and social communication.

Note: systematized by the authors

The findings highlight that dancing, as a physical and mentally engaging activity, can positively affect cognitive functions. This includes improvements in memory, attention, spatial awareness, and problem-solving skills, which are crucial for maintaining cognitive health in older age.

The physical, social, and emotional aspects of ballroom dancing collectively offer a therapeutic experience. As highlighted in the study by Murrock and Graor (2014), dance has been found to have a positive impact on depression, suggesting its potential as a short-term intervention for improving mental well-being in youth.

The rhythmic and expressive nature of ballroom dancing, combined with its physical exertion, can lead to the release of endorphins, providing immediate mood enhancement. Furthermore, the social interaction inherent in ballroom dancing helps counter feelings of isolation, a common factor in depression. By engaging in dance, young individuals can experience a sense of community, belonging, and increased self-esteem, all of which contribute to combating depressive symptoms. Therefore, ballroom dancing can be seen as a beneficial and enjoyable activity for youth seeking to improve their mental health and overall emotional well-being.

Conclusions. The research underscores the distinctive advantages of ballroom dancing in enhancing cognitive skills and emotional resilience, setting it apart from other forms of physical activity. Ballroom dancing emerges not only as a physical exercise but as a comprehensive activity that stimulates mental and emotional well-being. It uniquely combines the physical benefits of exercise with the cognitive challenges of learning dance routines and the emotional richness of expressive movement and social interaction.

The findings indicate that ballroom dancing positively impacts various aspects of emotional intelligence, including empathy, self-awareness, and social skills, as well as cognitive abilities like memory, attention, and problem-solving. This multifaceted impact makes ballroom dancing a valuable tool in both educational and therapeutic contexts. The differentiation of benefits across various ballroom dance styles suggests that specific dances can be tailored to address particular cognitive and emotional development goals. This versatility adds to the practical applications of ballroom dancing in diverse settings, catering to a range of developmental needs.

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