

24 - THE BALLROOM DANCE AS A MEANS OF EDUCATION FOR A CULTURE OF PEACE

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INTRODUCTION

Currently one of the most important is the constant search of people, nations and countries for Peace, which is to mitigate the numerous conflicts that occur by the extension of the planet. The dance, from the beginning has been a means of communication and bringing people together, so it is believed that it can be an instrument to be studied in this goal, which is to improve the problem of Peace. In the past few decades, humanity has through a process of social transformation and values, with many differences and socioeconomic inequality, which directly reflect the psychological and physical aspects of individuals, which is a product of modern society.

Interference exogenous (environmental, social, economic and emotional) can be viewed as a complex crisis embedded in the intellectual, spiritual and moral values that affect the various social relations between man and the environment in which he lives, affecting their quality of life (Capra, 1995).

The multiple ethnic, religious, cultural and financial as well as the daily threats of urban violence, a threatening reality of peace in a society interferes microecology and macroecology of humans (AMOEDO, 2002).

Besides the problems of violence that begin in many times, inside the home in any social class, today we have the threat of terrorist character, an instrument of a disintegrated society, and even political character, than by ideological pressures and the patronage of interest, are the true ideology of a democracy worthy. The study is justified by the fact that there is a limited and reductionist view of ballroom dancing. Therefore, it is noted that there is a need to replace that vision with a more broad context inserted in the positive social values and emotional, that is, one more tool for the contribution of Culture and Peace. Being connected to the ballroom and the Culture of Peace, then contributing to the development of new theories of culture of peace through the practice of ballroom dancing.

DANCE HALL

According to Ried (2003), dancing, any of its forms of expression, is a mirror of the manifestations of life: emotion, art, myth, philosophy and religion are expressed through movement inspired and guided by the music (or other similar expressions rhythmic acoustic) some animals to dance.

As Ried (2003) Most fans of the Ballroom Dance practice this activity for leisure. Individuals who are legally married, have certainly made the waltz of the engaged one of the highlights of the wedding party is celebrated at that time, the intimate contact in public - the only socially acceptable a few decades ago. Without interaction does not work, and it is not enough verbal and motor skills, only a certain degree of emotional empathy gives the pair the harmony that makes the dance a real pleasure. The effective interaction also requires that first one, then another sag, retreating domination and assuming that the mate is right. This makes the act of dancing an exercise in diplomacy and tolerance.

The goals of leisure in accordance with its accepted definition are fully met by Dance Hall. The very presence of music is an element that induces relaxation. The fact that it is essential to focus on implementation of the steps and movements to harmonize with the partner and the music under the mental distance. Do and concerns that affect the psychological well-being.

THE BALLROOM AND HEALTH

According to Ried (2003) and Zamoner (2005), one of the most serious consequences of modern sedentary lifestyle is the low level of cardiovascular fitness. To combat this problem, the Ballroom Dance is a powerful weapon because it combines the features of the physiological stress of running or cycling to the pleasures of joint activity with the partner to the great pleasure of music for every age and taste there is a rhythm that is sure to please.

Second Baptist (2007), another health problem that has increasingly become severe and lead to much loss of working hours, poor posture is that too often results in injury to the spine, herniated discs and premature wear of the joints. When properly oriented, the practice of Ballroom Dancing can help decisively in the prevention of injuries of the support resulting from inactivity. Movements similar to walking, which characterize the movements of DanceSport International, mainly in European dances, exercise and strengthen the muscles of the torso and stabilize the position and with it the spine. Moreover, this movement causes permanent compression and decompression of the intervertebral discs, which is essential for good nutrition and maintenance of cartilage, a factor that could contribute significantly to reducing the risk of hernias (RIED, 2003). Recent research reported by Zamoner (2005) showed that the practice of Ballroom Dancing can be related positively with positive emotional states, thus having a direct influence on the emotional state of participants.

THE BALLROOM DANCE AS SPORT

Jeffre (2002) reports in its survey that the most recent World Championship of Ballroom Dance, held in June 2002 in Portugal and promoted by the International Dance Sport (International Dance Sport Federation - IDSF) participated countries on four continents of the world. Besides the European countries were represented from the United States and Canada to Japan and China, Australia and South Africa to Israel. Interestingly, only the countries of Latin America, home of most of the rhythms that make up the competitive squad, were not present. Why? In our subcontinent, the vast majority of athletes do not even know that the rest of the world's DanceSport, nearly 100 years, is competitive sport such as tennis, football, skating (on ice or wheels) and synchronized swimming. The Federation International DanceSport has made efforts to ensure that the form is accepted in the cast of Olympic disciplines, and it is expected that the next one to be included. The Federation currently has seventy-nine associated Federations on five continents that are associated with one of the few in Latin America are, for now, just as provisional Associations Argentina, Colombian, Mexican and Puerto Rican Dance Hall, without has news, however, any participation of its athletes in official competitions (RIED, 2003).

CULTURE AND PEACE

New pillars to guide development policies of peace in the twenty-first century are needed, and some studies have to show that education is an initiative that tends to favor her through major changes (Damasio, 2000). According to UNESCO, it is necessary to adopt new ways of thinking, new modes of action, new modes of social organization, because in this way, human life in its totality is understood (WERTHEIN, 2002). It is, indeed, all the construction of a dynamic that is conducive to the grounds of the culture of peace.

However, the construction of peace in any way, it's simple, automatic and fast to be resolved. Therefore, it is valid to recognize that in many segments of contemporary life residing potential for promoting peace, implying that, besides education, as advocated by several studies, the arts can also contribute to its development (JARES, 2002). In this case, the musicality, for example, dance, singing, the instrument for the assessment, certainly have much to contribute to this purpose (Magnolia, 2008).

THE BALLROOM AND THE CULTURE OF PEACE

As Nair (2000), nowadays there are numerous doctrinal lines in the understanding of social values. Among them are proposals for responsibility for peace. Theorists seek to contextualize it as a phenomenon caused by man and that contribute to the absence of violence. Others have attributed a holistic character. Although, today show clearly the individual aspects in a context of fierce competition, stress is also collective issues and policies for the development of a culture of social relations that value genuine peace (PURITY, 2001).

The dance was presented in this research as a proposal for consideration and a new look to encourage a culture of Peace since its classical practice the sport known as the Hall, it is believed that their essentiality encourages development and maintenance of social values related to interpersonal relationships, the warmth, the interaction with the environment. Issues that these well understood and assimilated, certainly contribute to the distinction of feelings related to demand and achieve Peace, which, in France (2005), it is the construction and maintenance of models stuck with principles of human welfare.

METHODOLOGY

According to the study objective, the focus given to it and to the proposed objectives, this research is descriptive in nature, defined by Thomas & Nelson (2002, p. 280), "is based on the premise that problems can be solved and improved practice through observation, analysis and objective description and complete. It has some quantitative because of the need to apply a questionnaire and compile data to achieve one goal: to determine the views of practicing ballroom dancing with regard to the influence of Ballroom dancing in the Culture of Peace

In general, one can say that, based on Gil (1991), this is an exploratory research in accordance with the proposed objectives.

SAMPLE

The sample comprised one hundred and twenty practitioners of Ballroom Dance of both sexes, at least three months of practice, in Rio de Janeiro. There was a predominance of females (60%) and male 40%, with an average age of 48 ± 12.90 years, with a fairly homogeneous distribution, mostly in the age group between 40 and 55.

PROCEDURES

instrument used for data collection was a structured questionnaire to the research objectives, endorsed by doctors and teachers and applied to subjects engaged in DanceSport, with a minimum of three months of practice. This instrument assessed whether individuals have demonstrated in their attitudes, values falling in the categories of Peace

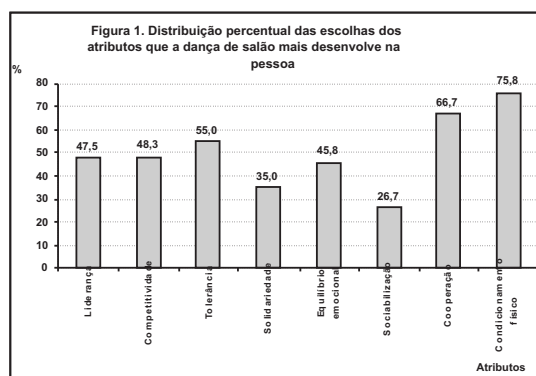
The construction of the questionnaire was developed as follows: initially, a document was designed with the intention to organize items axiologically references, in order to study them in developing the culture of peace Eleven items were chosen based on the UNESCO documents and works on human values and universal. These items were: leadership, competitiveness, tolerance, solidarity, emotional balance, socialization, cooperation, physical fitness, tenderness, affection and pleasure.

RESULTS AND DISCUSSION

This study sought to ascertain whether the practitioners of Ballroom Dance present values considered as categories to build a Culture of Peace, which can in turn positively affect the social behavior of its practitioners.

Initially will be presented the outcome of the issues investigated and investigated for each value and then a joint analysis of values grouped as categories, taxpayers in the Culture of Peace The professional look, one realizes that 30% are retired and 70% are professionals in labor market, and 80% had training in higher education.

FIGURE 1



According to Figure 1, note that the attribute of physical conditioning was the most in your chosen practitioner develops with dancing and socializing attribute had a lower percentage among others. This can be explained by the ratio of Ballroom Dancing is an instrument to promote health, by understanding what was contained in the attribute of physical conditioning that second Baptista (2007) the practice of dance promotes improved health for the functional autonomy of its practitioners.

Figure 2

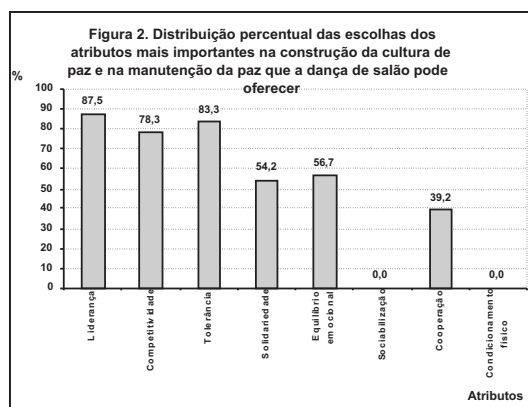


Figure 2 shows a high distribution in tolerance and leadership attributes, which are fundamental in the culture and keeping that dance can offer, as good leadership and tolerance to various everyday situations are relevant icons for peace supported by Chelikani (1999).

Figure 3

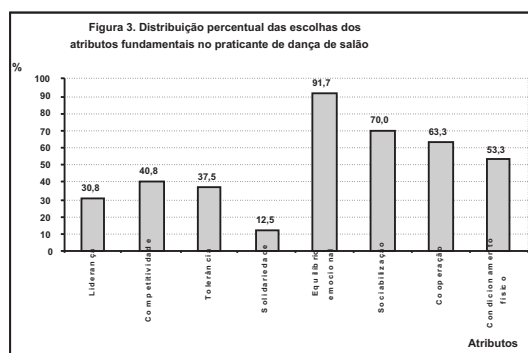
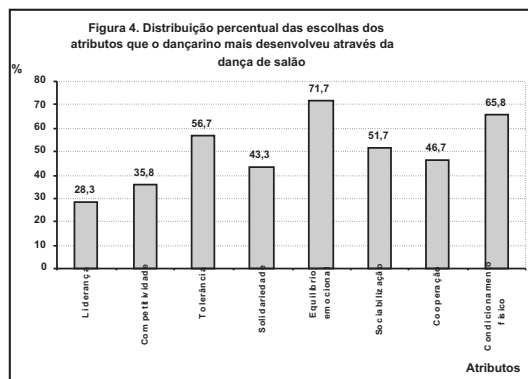


Figure 3 shows that the emotional balance, socialization and cooperation to represent the key attributes that its practitioners must have the attribute solidarity already had the lowest index.

Figure 4



In figure 4, the emotional and physical fitness were the attributes of a higher percentage in relation to the practitioner more developed in the ballroom, leaving the leadership attributes and competitive rates much lower.

CONCLUSION

According to the results we can conclude that ballroom dancing is an instrument to promote culture of peace, because the dance has a direct and indirect aspects of individual and collective actors as regards the relationship emotional, psychological, social, emotional and fitness, where its practitioners, each with its purpose and values, absorb and reflect as regards the culture of peace. Therefore, this research contributes to knowledge about dance on an aspect of culture and peace, and an educational value and social positive contribution to all individuals of a society.

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THE BALLROOM DANCE AS A MEANS OF EDUCATION FOR A CULTURE OF PEACE RESUMEN

This study aimed to verify, through a questionnaire, the attributes that most contribute to the development of culture of peace through the practice of ballroom dancing. Interference exogenous (environmental, social, economic and emotional) can be viewed as a complex crisis embedded in the intellectual, spiritual and moral values that affect the various social relations between man and the environment in which he lives, affecting their quality of life. Building a culture of peace in any way, it's simple, automatic and fast to be resolved. Therefore, it is valid to recognize that in many segments of contemporary life residing potential for promoting peace, implying that, besides education, as advocated by several studies, the arts can also contribute to its development. In this case, the musicality, for example, dance, singing, the instrument for the assessment, certainly have much to contribute to this purpose. The sample was one hundred and twenty practicing ballroom dancing divided into three groups, three months to six months, up from six months to one year and the third group practicing for over a year, the group was composed of 60% women and 40% of men with a mean age of 48 ± 12.90 years, practicing ballroom dancing in Rio de Janeiro. Given the results of data collection, it was found that ballroom dancing can be considered as an educational tool in promoting a culture of peace.

KEYWORDS: Ballroom dancing, education and culture of peace

LA DANSE DE SALON COMME MOYEN D'ÉDUCATION POUR UNE CULTURE DE LA PAIX SOMMAIRE

Cette étude visait à vérifier, au moyen d'un questionnaire, les attributs qui contribuent le plus au développement de la culture de la paix par la pratique des danses de salon. Interférences exogènes (environnement, social, économique et psychologique) peut être considéré comme une crise complexe intégré dans le intellectuelles, spirituelles et des valeurs morales qui influent sur les diverses relations sociales entre l'homme et l'environnement dans lequel il vit, qui affectent leur qualité de vie. Bâtir une culture de la paix en aucune façon, c'est simple, automatique et rapide pour être résolu. Par conséquent, il est valable de reconnaître que dans de nombreux segments de la vie contemporaine résidant potentiel de promotion de la paix, ce qui implique que, outre l'éducation préconisée par plusieurs études, les arts peuvent également contribuer à son développement. Dans ce cas, la musicalité, par exemple, la danse, le chant, l'instrument pour l'évaluation, ont certainement beaucoup à apporter à cette fin. L'échantillon a été cent vingt pratiquant les danses de salon divisé en trois groupes, trois mois à six mois, en hausse de six mois à un an et le troisième groupe pratique depuis plus d'un an, le groupe était composé de 60% femmes et 40% des hommes avec un âge moyen de $48 \pm 12,90$ années, la pratique de la danse de salon à Rio de Janeiro. Vu les résultats de la collecte des données, il a été constaté que la danse de salon peut être considéré comme un outil éducatif pour promouvoir une culture de la paix.

MOTS-CLÉS: danse de salon, l'éducation et la culture de la paix

EL BAILE DE SALÓN COMO MEDIO DE EDUCACIÓN PARA UNA CULTURA DE PAZ RESUMEN

Este estudio tuvo como objetivo verificar, a través de un cuestionario, los atributos que más contribuyen al desarrollo de la cultura de la paz mediante la práctica de bailes de salón. Interferencias exógenas (ambiental, social, económica y emocional) puede ser visto como una crisis compleja incrustado en el intelectual, espiritual y los valores morales que afectan a las diversas relaciones sociales entre el hombre y el medio ambiente en que vive, afectando su calidad de vida. La construcción de una cultura de la paz de cualquier manera, es simple, automático y rápido para ser resuelto. Por lo tanto, es válido reconocer que en muchos segmentos de la vida contemporánea reside el potencial para promover la paz, lo que implica que, además de la educación, como se propone en varios estudios, el arte también puede contribuir a su desarrollo. En este caso, la musicalidad, por ejemplo, la danza, el canto, el instrumento para la evaluación, ciertamente tienen mucho que aportar a este fin. La muestra fue de ciento veinte practicando el baile de salón dividida en tres grupos, de tres meses a seis meses, hasta de seis meses a un año y el tercer grupo practicando durante más de un año, el grupo estaba compuesto por 60% las mujeres y el 40% de los hombres con una edad media de $48 \pm 12,90$ años, la práctica de bailes de salón en Río de Janeiro. Habida cuenta de los resultados de la recopilación de datos, se constató que el baile de salón puede ser considerado como una herramienta educativa

en la promoción de una cultura de paz.

PALABRAS CLAVE: bailes de salón, la educación y la cultura de la paz

A DANÇA DE SALÃO COMO MEIO DE EDUCAÇÃO PARA O DESENVOLVIMENTO DA CULTURA DE PAZ

RESUMO

A presente pesquisa teve como objetivo verificar, através de um questionário, os atributos que mais contribuem para o desenvolvimento da cultura de paz através da prática da dança de salão. As interferências exógenas (ambientais, sociais, econômicas e afetivas) podem ser vista como uma complexa crise inserida nas dimensões intelectuais, espirituais e morais que afetam as diversas relações sociais entre o homem e o meio ambiente em que vive, afetando a sua qualidade de vida. A construção da cultura de paz, de forma alguma, é simples, automático e rápido de ser resolvido. Nesse sentido, é válido reconhecer que em segmentos diversos da vida contemporânea residem potenciais para a promoção da paz, inferindo-se que, além da educação, como preconizam estudos diversos, as artes também podem contribuir ao seu desenvolvimento. Nesse caso, a musicalidade, por exemplo, na dança, no canto, no instrumento, na apreciação, certamente têm muito a contribuir com tal propósito. A amostra foi de cento e vinte praticantes de dança de salão subdivididos em três grupos, de três meses a seis meses, acima de seis meses até um ano e o terceiro grupo que praticam há mais de um ano, o grupo foi composto por 60% de mulheres e 40% de homens, com uma idade média de 48 ± 12.90 anos, praticantes de dança de salão do município do Rio de Janeiro. Diante os resultados da coleta de dados, foi verificado que a dança de salão pode ser considerado como um instrumento educativo na promoção da cultura de paz.

PALAVRAS-CHAVE: Dança de salão, educação e cultura de paz

PUBLICAÇÃO NO FIEP BULLETIN ON-LINE: <http://www.fiepbulletin.net/80/a2/24>