69 - INDICATORS OF THE RELEVANCE OF THE PRACTICE OF BALLROOM DANCE ON ELDERS´ LIFE STYLE A PILOT STUDY

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INTRODUCTION

The world, mankind and life manifest themselves through movement and man's movement come around from each one's particular emotions and are transformed in art, and this art is known as dance.

In dance there is rhythmic body movement, shaped by each person's culture, it's a non-verbal way to communicate through body and it's one of the most ancient expressions according to ancient rites, paintings in walls, among other ways to register art.

According to Garaudy (1980), dance is a rite, a sacred ritual and a social rite and it's in the origin of all human significance.

In century XIX, dance began to become part of the encounters of nobleness in their salons; a Ballroom Dance, generically named as social dance, carried through in pairs, in parties or meetings, is no longer considered “elder stuff”, to become part of aristocracy's education, differing from poor class which carried on folkloric dances.

Ballroom Dance had evoluted and man is no longer just a gentleman with a lady around the danceroom, and become more participant, more receptive and begins to express himself.

With the century XXI's, englobing the rhythms with a rhythmic diversity and a variation of adagios that matches youngers' necessities who need to spend their accumulated energy to the dreams of a population that seeks for a plain and happy life, the 3idade being an example of that. Dance in pairs is a healthy activity that bring benefits to human body as the improvement of physical capacity and the reduction of the depression state. Probably, what everyone wants in a dancefloor is the search for pleasure.

Richness of Ballroom Dance lies on the possibilities of privileging a lot of ways of working, where styles and techniques and trends are permanently influenced by traditions, symbols and cultural values of each people. Besides the benefits of the body orientation caused by dance, there's the possibility of resulting, in each practice, a spectacle executed by the pairs with varied levels of lightness and aptitude. Ballroom Dance always suffers because of social, politic, economic and cultural determinations. The reasons why people look for Ballroom Dance vary a lot: diversion, leisure, distraction, love, entertainment, socialization, quality of life, among others.

Ballroom Dance has an educative potential; its own learning leads to the use of the movement to express ideas, sentiments, emotions, thinking or philosophic social and politic principles, More: because of its integrating essence of the human dominations, is capable of taking people to discover or re-discover their corporeity and sensitivity. (ALMEIDA E ROCHA, 2007). This Study aims to raise indicators of the valor of Ballroom Dance as a way of impacting life styles of elders, participants of an interventive and social program.

BALLROOM DANCE AND THIRD AGE

The process of aging of the world-wide population has happened at an accelerated rate, associated to problems as retirements and proper illnesses of the third age. As a consequence it brings high costs for the government, and, therefore, it requires serious and consistent policies to deal with.

Magalhães (1987), consonant to the conditions of life of the aged people in modern societies, affirms that these societies have the following characteristics: low index of natality and mortality, with accelerated changing processes where innovation tends to occupy the place of tradition. Moreover, there is a valorization of production and consumption, at the same time where the familiar patrimony is substituted by individual projects. These indicators do not offer good perspectives for the aging people in these societies. They pass for a process of social exclusion.

In order to rescue the aged citizen from this excluding process one can understand the evolution, since the decade of 1980 in Brazil, of the programs of University of Third Age (NUNES, 2000). There is a constant concern with aged people, to whom a lot of activities are prescribed aiming to physically and mentally keep them active, delaying at times the rhythm of loss of some of its vital functions.

Due to the practice of physical activity with a utilitarian characteristic it may be said that the human body is more adjusted to move than to remain still. Within Gaiarsa (1986)'s understanding, in the beginning we were hunting nomadic and our main activity was to walk and to run. Later, agriculture, animals' domestication and the foundation of the first cities began.

Nowadays, it is knowing that sedentarism of civilized life is a basic co-factor in the predisposition to illnesses. Sedentarism in aged people brings additional damages to their health, which increases their physical inactivity, creating a vicious circle of health and quality of life deterioration of this population (BARBOSA, 1999). It may be noticed that in century XX there is a concern in literature on physical exercises for older people. For Krüger, through the practice of physical exercises one can get to optimization which, for him, is one of the four dimensions of the Interventional Gerontology (In: PACHECO, 1997).

Gorinchteyn (1999) also points some benefits that regular physical activity (frequency of two sessions per week) provides for the groups of third age. The author believes that the physical exercise provides aged people a healthy life, guaranteeing them social and cultural space and allowing them to discover again values and feelings such as self-esteem. To him, health is a link between body and mind, therefore, relaxing the body, the mind is relaxed and relaxing the mind, they generate health to their body.

The practice of collective physical activities as Ballroom Dance, makes it possible to have a significant improvement on the social behavior of the practitioners, beyond developing the cognitive and motor aspects, resulting in the formation of an ethical citizen, owner of his own opinions and ideas, with an important performance in the social system, also propitiating the increase of his corporal culture and stimulation of his motor aspects.

Hickson and Housley (1997) believe that, for the mature adults, creative activities offer an opportunity to answer to the limits and to enrich interior life.

Dance uses sonorous, visual, tactile and body languages. And, as one dances there is a contact with these perceptions, it can be said that this type of physical activity is also an activity of expression. Thus, it can be said that one puts the body into motion and express his soul.

In national and international literature it is possible to identify scientific researches, and also reports of experiences that deal with dance in relation to its potential of development of the creativity, to its value as a physical activity, to gains in functional capacity, to expansion of the sociability and its effects on psychological health of aged individuals. Robatto (1994) affirms that dance may have six functions: self-expression, communication, diversion and pleasure, spirituality, cultural identification, rupture and revitalization of society.

Dance in the Third Age will have to break both with formal rules dictated by media and with the imitative patterns of dance e with the teach-learning processes. (FIGUEIREDO and SOUSA, 2001).

Araujo (1997) comments that dance movements provide, beyond the increase of self-esteem, a discovery and a magnifying of the possibilities of each individual. Hisses (1999) affirms that the education of the expressivity in dance propose a rescue and a development of all human potentialities within corporal movement; this makes practitioners reveal their emotions, ideas and wills through their bodies. Thus, they begin to know themselves better and be more integrated with people, working the body as a whole.

MATERIALS AND METHODS

This pilot study is characterized as a descriptive one, a field study of qualitative analysis. The group was composed of twelve aged people (two male and 10 female) participants of the program “University with the Best Age”, promoted by Unipac in the city of Ipatinga - MG, practioners of Ballroom Dance as frequent as once a week, 90 minutes per week.

As a criterion of inclusion in the study, individuals participating in the interventive program for at least for six months, no health problems which might compromise the practice and age above 60 years old were investigated.

Invited to participate in the study, they had signed a consent term and had received the necessary and complete explanations on the development of the study. All participants completely volunteered to the study.

For data collection, questionnaires had been applied with nine open questions, in a room, where the researcher and the participants remained together. The questionnaire was elaborated on the basis of the following topic: the impact in the style of life of the aged practitioners of Ballroom Dance.

Collected information had been synthesized so that some analysis could be done on its contents, classifying, categorizing and interpreting them. All individuals had been identified through the attribution of numbers in an individual way. The questionnaire was divided in questions with the following topics: time of Ballroom Dance practice, reasons for the practice, the benefits of the practice for health, the alterations in social life, and the satisfaction with the quality of life.

DISCUSSION

Among the twelve interviewed, nine affirmed that Ballroom Dance is the only chosen physical activity for practice. Haas and Leal, (2006) confirm: dance as a physical activity for the aged people is one of the most searched exercises and many factors might be responsible for this affinity, but their acceptance is no doubt determinant. Dance is to live deeply and to express, with a maximum of intensity, the relation between man and nature, society, future and its gods. (GARAUDY, 1980, p.14). In relation to the reasons that had taken to the practice of Ballroom Dance, it can be observed that many had stated that it was good on physical social, psychological and health aspects:

[...] Improve motor coordination, balance... [...]. (Elder 5)

[...] Because I really don´t know, willingness, curiosity, envy of the people Who know how to dance [...]. (Elder 8)

[...] Because it´s healthy, fun and joyful… it´s quality of life and allow for new friendships [...]. (Elder 11)

[...] Get out of routine. Activity [...]. (Elder 9)

Others talked about the pleasure to dance:

[...] I´ve always liked dance and music [...]. (Elder 4)

[...] I love dancing and also to have a closer relation with people at my age [...]. (Elder 7)

[...] Domination of technic so as to present more elaborated steps which make movements more harmonious [...]. (Elder 2)

When questioned about the benefits of the practice of Ballroom Dance they had been unanimous in confirming physical, psychological and social alterations. According to different authors (RIBEIRO, 1993; CARLI, 2000; YOU MARK, 1999;), the dance, when practiced regularly, makes it possible the acquisition of abilities and assists in the improvement of physical, psychic and social aspects. Within this context, Gallahue and Ozmun, (2005), affirm that “factors as exercise, a physically active style of life and the capacity to execute the activities of daily life may have positive impact on the way an aged person feels and as other people see them”.

Ballroom Dance may be considered a pleasure activity for which a lot of people show interest:

[...] I became less shy, happier, with more rhythm and better thinking [...]. (Elder 1)

[...] It raised my self-esteem [...]. (Elder 3)

[...] It improved my balance, I became more disposed for daily activities [...] (Elder 5)

[...] Physical fitness. Self-esteem, because at this age we think that we aren´t capable of learning [...]. (Elder 7)

[...] Good humor, happier physiognomy, better motor coordination [...]. (Elder 11)

For Chalip et al. (1984), Csikszentmlhalyi (1975, 1982,1992) and Macaloon & Csikszentmihalyi (1983) the satisfaction of the participation in an activity is defined as the equilibrium between the challenges the activity presents and the abilities of the individual. This equilibrium, and also the disequilibrium, is demonstrated in "flow model" developed for Csikszentmihalyi. To him, the flow experience is a state of full satisfaction, result of the total involvement of the individual in an

action. The interaction with the activity in the experience of the flow can be physical, emotional or intellectual. (VOLP, et al, 1995)

In relation to the alterations in social life after the practice of Ballroom Dance, in all answers there was an evidence of some positive point, which was also found in the study of Almeida and Rocha (2007), "… in a first moment, the person enrolls a course to learn how to dance and when they perceive the benefits of the practice, they keep involved in the activity for a longer time, considering important the socialization, mainly through current fast days, when there is little time for living with other people."

[...] Better relation with colleagues, more happiness [...]. (Elder 1)

[...] Yes, because dance, principally Ballroom Dance, is a way of socializing [...] (Elder 2)

[...] It helped me a lot, I´m feeling much better [...]. (Elder 3)

[...] Yes, I always make new friendship, I go to a lot of parties and events [...]. (Elder 4)

[...] It helped me make new friends in and out of the class [...]. (Elder 5)

[...] A lot of them, but in family, seems to be fun, but looks like envy [...]. (Elder 6)

[...] Yes, I could bring my husband to the classes [...]. (Elder 7)

[...] I began to like go out to dance, go to parties [...]. (Elder 8)

[...] Yes, I even got a boyfriend [...]. (Elder 9)

[...] For sure, I´ve learned to live with other people... I´ve learned that I´m capable of learning and accepting people, each one as me [...]. (Elder 10)

[...] Yes, improves posture, behavior and ethics [...]. (Elder 11)

[...] Yes, I became more relaxed and happier [...]. (Elder 12)

CONCLUSION

It is possible to state that Ballroom Dance makes it possible personal conquests to the participants, for it extend their knowledge, sensibilities and their relation with the world. Discovering the mysteries of the dance, we encounter again pleasure and satisfaction, being relevant to include it on a list of leisure activities, as well as on the list of activities that promote full satisfaction, described on the theory of the flow of Csikszentmihalyi. (VOLP, et al, 2005). Beyond promoting the satisfaction, Ballroom Dance can be considered an leisure activity that can contribute in a significant way for the socialization process.

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INDICATORS OF THE RELEVANCE OF THE PRACTICE OF BALLROOM DANCE ON ELDERS´ LIFE STYLE A PILOT STUDY

This study deals with the practice of hall dance by the elderly participating in the University Program with the Best Age, promoted by Unipac Vale do Aço, in the town of Ipatinga MG. As research subject, dance is considered a kind of language made up of other artistic languages (music, theatre, literature, fine arts) which, depending on the show presented, or the subject put on, presents a specific language. The dance may be understood as art because it creates expressive forms of human feelings, thus being a means of communication. The investigation had as aim to raise indicators of dance value, as a way of impacting the lifestyle of the elderly participating in the program. We can state that hall dance allows the students to progress, as it broadens their knowledge, sensibility and their relation to the world. As we discover the mystery of dance, we find back pleasure and satisfaction. Dance can be included on the list of leisure activities, as well as on that of activities that promote full "satisfaction",

described in Csikszentmihalyi's flow theory (1992). Besides promoting satisfaction, hall dance can be considered a leisure activity that favors socialization, a factor that is fundamental in an individual's formation.

Key words: ballroom dance, elderly, lifestyle

INDICATEURS DE LA VALEUR DE LA DANSE COMME FORME D'IMPACT SUR LE STYLE DE VIE DES GENS ÂGÉS - ÉTUDE PILOTE

Cette étude s'occupe de la pratique de la Danse da Salon par les participants au Programme Université avec le Meilleur Âge Vallée de l'Acier, dans la ville d'Ipatinga MG. En tant que sujet de recherche, la danse est considérée comme une forme de langage composée d'autres langages (musique, théâtre, littérature et arts plastiques) qui, selon le spectacle présenté ou le thème mis en scène, présente un langage spécifique. La danse est comprise comme un art parce qu'elle est capable de créer des formes expressives des sentiments humains, étant une forme de communication. L'investigation a eu comme but relever des indicateurs de la valeur de la danse comme forme d'impact sur le style de vie des gens âgés insérés dans le programme. On peut affirmer que la Danse de Salon permet des conquêtes de la part des élèves, puisqu'elle augmente leur connaissance, leur sensibilité et leur relación avec le monde. En découvrant les mystères de la danse, on retrouve le plaisir et la satisfaction. La danse peut être inclue sur la liste des activités de loisir, aussi bien que sur celle des activités qui procurent une “satisfaction” totale, décrites dans la théorie du flux de Csikszentmihalyi (1992). (VOLP, et al, 1995). En plus de procurer de la satisfaction, la Danse de Salon peut être considérée comme une activité de loisir et comme une activité qui favorise la socialisation, qui sont des facteurs fondamentaux dans la formation de l'individu.

Mots-clés: danse de salon, personne âgée, style de vie.

INDICADORES DEL VALOR DE LA DANZA COMO FORMA DE IMPACTO EN EL ESTILO DE VIDA DE MAYORES ESTUDIO PILOTO

Este estudio trata la práctica de la Danza de Salón por mayores participantes en el Programa Universidad con la Mejor Edad, impulsado por Unipac Valle del Acero, en la ciudad de Ipatinga MG. Como presupuesto de investigación, la danza es considerada una forma de lenguaje compuesto de otros lenguajes artísticos (música, teatro, literatura y artes plásticos, los cuales, dependiendo del espectáculo presentado o del tema escenificado, tiene un lenguaje específico. La danza es comprendida como arte cuando es capaz de crear formas expresivas de los sentimientos humanos, siendo una forma de comunicación. La investigación tuvo como objeto obtener indicadores del valor de la danza como forma de impacto en el estilo de vida de los mayores insertados en el programa. Es posible afirmar que la Danza de Salón posibilita conquista a los alumnos, pues amplia sus conocimientos, sus sensibilidades y sus relaciones con el mundo. Descubriendo los misterios de la danza, reencontramos el placer y la satisfacción. La danza puede ser incluida en el rol de las actividades de entretenimiento, bien como en rol de las actividades que ofrecen “satisfacción” total, descrita en la teoría de Csikszentmihalyi (1992). (VOLP, et al, 1995). Además de promover la satisfacción, la Danza de Salón puede ser considerada una actividad de ocio y que favorece la socialización, factores fundamentales en la formación del individuo.

Palabras clave: danza de salón, mayores, estilo de vida.

INDICADORES DE RELEVÂNCIA DA PRÁTICA DE DANÇA DE SALÃO NO ESTILO DE VIDA DE IDOSOS ESTUDO PILOTO

Este estudo trata da prática da Dança de Salão por idosos participantes do Programa Universidade com a Melhor Idade, promovido pela Unipac Vale do Aço, na cidade de Ipatinga MG. Como pressuposto da pesquisa a dança é uma forma de linguagem composta por outras linguagens artísticas (música, teatro, literatura e artes plásticas) que, dependendo do espetáculo apresentado, ou do tema encenado, apresenta uma linguagem específica. A dança é compreendida como arte quando cria formas expressivas dos sentimentos humanos, sendo uma forma de comunicação. A investigação teve como objetivo levantar indicadores do valor da dança, como forma de impacto no estilo de vida dos idosos inseridos no programa. É possível afirmar que a Dança de Salão possibilita conquistas aos alunos, pois ampliam seus conhecimentos, sensibilidades e suas relações com o mundo. Descobrindo os mistérios da dança, reencontramos o prazer e a satisfação. Ela pode ser incluída na lista das atividades de lazer, bem como na das atividades que promovem “satisfação” plena, descrita na teoria do fluxo de Csikszentmihalyi (1992). (VOLP, *et al*, 1995). Além de promover satisfação, a Dança de Salão pode ser considerada uma atividade de lazer e que favorece a socialização, fatores fundamentais na formação do indivíduo.

Palavras-chave: Dança de Salão, idoso, estilo de vida.