132 - MOVEMENTS OF EMOTIONAL STATES OF PEOPLE DANCING

ANAYARA MARIA DE FÁTIMA APARECIDA MARTINS RODRIGUES CORREA
JORGE LUIZ RUIZ ABRÃO
RAFAEL GOMES CARRILHO
FABIANE DE OLIVEIRA MACEDO
CAMPO GRANDE/MS/Brasil

INTRODUCTION

Dance can be practiced for the welfare of emotional states can be performed by people of different ages , of both genders being professionally or not . The dance styles give opportunities to be adapted , modified , processed , handled according to the characteristics and needs of those who dance. To Carbonera (2008) dance also involves several aspects that turn the emotional and physical behavior as body posture , increasing flexibility , improving coordination motor , helping you relax , strengthens your muscles , helps you lose weight , brings joy , fights stress , so we realized that dancing can promote both physical and socio-affective development of its practitioners.

Ribeiro (2010) cites that dance in general as a physical activity, bring many benefits to the body , beyond the benefits of regular practice of physical activity , because when you start to take their first dance steps , the person detaches the taboos , fears and prejudices and gradually realizes his life is transformed. And Castro (1992) points out that there are people who want to dance for fun and relaxation.

The Boogie Carbonera (2008) and Castro (1992) is the result of natural and spontaneous expression in the body , integrating the rhythm and music, occupies space-time dimension . In the free dance, ie , without rules , classifications , techniques , styles, or professional experience generally reflect the thoughts of individuals , their affection, the emotional content of his imagination . May be considered by Castro (1992) as a language by which to communicate translate ideas not expressed verbally , may be considered as well as the art that does not rely on any intermediate element to materialize : the dancing human being is both creator and creation.

The Dance Castro (1992) is an activity which , through the moving body , inspires and motivates the man from time immemorial , to express their deepest and noblest feelings , organize themselves as a member of society , and to understand changes in the world , and the reality of his own being . This study justified our practice , expertise and experiences with the dance she can play a critical role in the life of every individual to be present all the time in the body of each, both conscious and unconscious and the lives of those " say " we do not use it for anything up to those who use it as a way to work (professional dancers) . Because she can bring a real joy to be able to recognize and express simply and directly the longings of the soul and can help anyone until you understand your emotional state and reorganize it or be willing to organize it . We believe that dancing is an activity that relates to the body and mind, involving cognitive and motor aspects of practitioners in many respects, and move with the body 's emotional states may bring the individual dancing achievements in their daily lives and until the search for satisfaction of their emotional state through the practice of dance.

Studying these phenomena may contribute to possible feelings that dance moves in people, thereby stipulate aim of this study report the movements of the emotional states of people propitiated by dance. Therefore, the research is characterized as exploratory which according Antônio Carlos Gil (1996 , p . 45) " research aims to provide greater familiarity with the problem in order to make it more explicit or build hypotheses " . Thus , this study sought to explore the movements of the emotional states that dance brings to its practitioners may bring several hypotheses related to different individuals dancing . We can say that this research will bring more ideas , discoveries of intuitions , feelings that dance brings , being an exploratory research it is more subjective and flexible to combinations of results. The subjects are dancers of both genders, different ages of Company Dance - Move spaces dances and dance Ararazul Cia , who accepted the invitation . Applied an identification , to characterize the subjects and an audiovisual interview with the subjects . After the release of the company's director of dance , made the call for some dancers and those who accepted did the interview . Before we begin we present the IC - Statement of Informed Consent . Content analysis of the words quoted in the interview was conducted . Then we can better visualize the findings on the movements of emotional states that dancing provides.

2 . DEVELOPMENT

Dance can be accessible to all people , regardless of sex , gender, age , it provides allows all different styles , and rhythms as ballet , jazz, contemporary dance , street dance , ballroom dancing , tap dance , folk dances , and may be also cited the dance in the personal style of each one, when dance parties ballads balls , celebrations , etc. . it is still dance, does not fail to be dancing . Providing and enabling all different styles , the dance may allow her to surrender to arouse an emotional side , a state of emotion that only those who dance or dance when you can understand and feel .

It is understood that the dance was already that enters the lives of human beings long ago , from ancient cultures , ie , had a different look for the dance , it already came with a few changes since then and there until nowadays and may even be considered once the gift of the gods , and nowadays we can say it is a gift that supports our body to the soul . May bring a renewal and satisfaction for dancers . 1 As stated by the individual practitioner Dancing female :

> "I dance since the age of six by encouragement of my parents always took me to dance classes and even today I dedicate myself to the field of dance, it is what I love to do and its various benefits and achievements that she can bring all day , regardless of the way I get to do the lessons she always performs and satisfies me somehow , I do not know exactly how it happens, but she completes me . " (ind 1.fem)

Dance expresses and / or expresses emotions and primitive and elementary gestures represented and executed by men since the primate season . So before you even use the word , speech , primitive since they related were connected between them and lived through bodily movements as a means of celebration with each other and with nature , basically between all living through . And it was these movements , or through them , since that time it was represented their own human nature , individually or collectively . The body movement has had an important role in the life of every human , was as a replacement , representation

of all the feelings and emotional, speech to all the feelings of life in prehistoric times was body language and movement individually or collective . (GOMSANT 2006).

Based on the study of Gomsant (2006) , which refers to the origin of the dance. Constantly connected with nature , men of antiquity danced in all solemn movements of its existence as sacred rituals , ceremonies and religious processions or social , birth , marriage and death, sowing and harvesting , struggles and wars or peace and victory. And for each of them were typical and significant moments of gratitude , supplication and worship , dance was experienced and expressed to its maximum intensity , representing man's relationship with nature and with his own being.

Along the years and times, the evolution of man occurred causing the Dance also suffered several transformations . The host , human or natural influences that surrounded her , allowed that dance could become something too standardized , combined with steps and gestures , making it a Dance Arts . But dance is composed not only of technical rules and full of steps , but also involves an art that every human being can possess and can also provide a natural well-being for each. Dance can bring in and mess with the emotional , psychological , social , physical, and can help with emotional issues of each individual. (Castro , 1992)

The dance has its different styles (ballet , jazz , contemporary, street dance , ballroom dance , creative dance and those individual styles that each individual has to dance when you're dancing in ballads , parties, celebrations etc. .) And she is nonetheless overall physical activity , and that can bring many emotional responses to various questions of each person , regardless of genre or style of each. Based on the theory of William James , who has studied and written about all aspects of human psychology , the brain functioning . When we refer to our emotion or emotional aspects they can become precursors or give meaning to our sensations , like crying because when you're sad and smile when you are happy. Emotions affect our whole life like in our thoughts , dreams , human relationships , decisions , choices , etc. . Raiding the intellect and the soul body . Our emotions would be empty of content without the sensations from our body . (NEUBERN , 1999).

Many people have their own theories of emotions and feelings , each one being different and feel different sensations , but emotion can involve a whole being, occupying body, mind , and can be interpreted as follows by Pinto (2001) experience subjective that involves the whole person, mind and body . It is a complex reaction triggered by a stimulus or thought and involves organic reactions and personal feelings . According Ballone (2007) , emotions are capable of mobilizing Standalone, organs and systems Nervous System . It is concluded that , the emotions influence health not only due to the psiconeurofisiologia , but also through its motivational properties through healthy behaviors , the welfare of every individual forms that express emotions through the way that the body moves .

Thus the body is our instrument of work that connects to our emotions , the body is also tool to move and movement connects with dance. As stated by the individual practitioner's female dancing in our research:

> " I feel like expressing all possible feelings that I carry within my being me while I dance and movement. Since the saddest until the happiest , from pain to ecstasy." (Ind2. women)

It is observed that dance can encompass many apectos in the life of a practitioner , may reach up to him in specific emotional parts or even as a whole from one side to another , where many personal issues that could be lost , unmotivated or even not performed are erected or has driven while experiences with dance , it creates an intimacy with her on her emotional state. According Trinity 2006 quotes that dance comes from moving the body in ways that may be surprising based on other factors such as rhythm and music, he says that dance when you can change your state of mind by engaging with the mood of the dance and may make many of their problems and emotional disturbances are forgotten and can give you the freedom to build your own natural refuge , being able to release your feelings and emotions , giving the opportunity to feed your own ego , your hopes and always innovating body awareness .

Dance can move your body in a surprising way , when you dance you can change your state of mind , forgetting their problems and even who is on your side . Dance until you can build a refuge where you can release all your feelings and emotions without malice , feeding egos and future hopes always innovating our body awareness (Trinity , 2006) . From the foregoing we can relate directly with our dance simplest and deepest feelings , managing to keep each other free and intimate at the same time their problems by making each person can be resolved with them , and when referring to that satisfy the feelings of joy, for example, the dance can make deeper enjoyed the good and happy times we go through our lives . It can be observed in the individual practitioner's male dance which he states:

> " I practice the dance only for a year and already feel their difference , dancing makes me feel okay with it , because it found an outlet for all my problems , which relaxes me and makes me have a better relationship with other people with my daily life and with my life . " (but ind1.)

One realizes that dancing can become some solutions to emotional issues in many aspects in the life of a practicing dance helping to balance your inner and makes help modify or improve their status with everyday and can bring greater self-esteem with their own life and higher motives with all this around them. For those engaging in the middle of the dance is believed dance can bring true joy of knowing and expressing in a simple and direct way the longings of his soul , and may even restore the lost ties with our own essence , it actually happens when we deliver to its movement , when we let it freely expresses something that is unique to each of us . As can be seen in individuals of both sexes from our research , practitioners of dance that say :

> " The whole process of dance there is a proposal that makes me develop from the simplest to the most profound sense . After I dance I feel fulfilled , because the will to dance again is feeding my soul . " (Ind2. women)

It is observed that regardless of the process or project of dance , she ends up wrapping each individual practitioner her, filling her feelings simpler to more complex , bringing realizations that might not be achieved in their daily life and ends up occurring when you dance, bringing always a willingness to look for these accomplishments that complement your every day be in that dance just giving you.

> " I conduct myself , it's magic when the lights come on and the music starts coming the goose bumps and the heart speeds up , I feel very good and happy before during and after. Depending on the proposal dance , put some emotions out and have some other that provides the own dance , love, sadness , joy and hate, and even conflict over the same . " (Men ind2.)

It is observed that the entire universe of dance , a whole set also provide you various emotional snags , which can be laid out and often brings a reflection on all of them , making until we understand better our true self , when I can be feeling love or hate, joy or sorrow , pain or satisfaction , dancing can be a range of possibilities for encounter with self and my emotional relationships

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> "I performed the dance is the greatest pleasure of my life , if I'm sad or happy it fills me or complete me somehow , physically and cognitively , it renews me . Dancing makes me love what I do . Where it is no longer just an option but my lifestyle , for her to give me more freedom everyday intimacy with joy , I feel I am much more relaxed and I make my daily obligations become more pleasurable by the fact be liberating dance. " (ind1. women)

Dance can be liberating because even sad or happy she does her part within our emotions both for joy and for sorrow dance is an outlet for those who practice and just being there to understand this stasis and this liberating feeling. Dance can even bring it with this function , a power of transformation in each person may reach in different ways in each, turning many emotional aspects , and may even contribute to several personal achievements . Taking into account that each individual is constantly on the move is easy to understand that every one's life is movement and movement is linked directly to dance consciously or unconsciously dancing can become for each a great ally for many emotional issues . Thus the dance ends providing a natural well-being for each person . (COSTA 2012).

Dancing can be a great ally of welfare , health and self-esteem of those who intend to practice it. For to be okay with yourself best qualities of life, their commitment to do their jobs is greater , and brings a satisfactory result making each feel accomplished with all who seek or propose to do (TREVISAN , SCHWARTZ 2012). The dance is stuck to the existence and origin of life , and we are totally stuck with it , whether yesterday, today or tomorrow ! Much more than a way of living and expressing it can be an art of living that teaches us time and space in perfect harmony ! (GOMSANT , 2006) . Thus we understand that dance can be a share and the possibility of transforming people and their ways and the everyday , is trapped magic of individuals and individual movements of each religion , work , partying , love and even death . As the dance not only an art but a way of living , a lifestyle , a way of being.

According to Diniz (2007) " Before the man expressing himself through oral language , he danced . " The Language of Dance was expressed in humans since prehistoric times, and may be all over the place and can be within each individual, from that time to the present day . It existed as a form of communication, and currently dancing can be everything but not anything when you propose to surrender the dance and know the magic she has and can cause. People can even find the dance within him because dance is movement and movement is communication, communication with others, with yourself , with the world and with your emotions . (DINIZ, 2007)

The dance is often refers to an inner need that any individual can have something that he might not understand , but through dance is somehow resolve it , often due to this fact that leads people to sacrifice so much to dance and be always somehow dancing . Dance can often connect directly with the mental status of a person in a way that works , for example, their need for support , or emotional distress , transforming , modifying to a state of comfort with yourself (BERTONI, 1992). The emotions are present , and are part of us all the time , when we're good or if we're wrong, and dance often creates an intimacy with these our emotional relationships that end up involving practitioners in general , being personal to each forget doing many unpleasant situations that each individual can come across while taking this your body and your mind dancing and that can end up providing changes of emotional state, which often takes a practicing dance on stage or in a room dance many of his emotions , may happen to be left or relaxed every aspect that is becoming hurt and energizing your entire interior. According Csikszentmihal (1992) mentions that every individual has points of equilibria and emotional imbalances , and balance point of each is a satisfying one embodiment, when a person experiences the satisfaction she experiences her happiness , increasing their emotional states and positive often just not try and live your negative emotions or put aside all the disappointments she may be providing you and may become less frequent in their daily lives , end up giving you more incentives to risk , to dare to raise their positive emotions. (CSIKSZENTMIHAL , 1992).

For practitioners of dance, she has a key role in the issue of emotional realizations , causing explain the fact that they feel so often performed with dance practice , so she could help find an equilibrium state for each dancer , by touching , contaminate or tamper with the emotional state of each practitioner , bringing an inner satisfaction for each, letting each closer to their positive emotions and their own achievement with your happiness dancer.

3 . FINAL

With the completion of our research , we believe that dance can be an important factor for those who practice it , because regardless of who dances with their professional characteristics or no professional feature it involves people as a whole, working , relaxing , and may even develop the body mind and soul at the same time. Without it being intentional , achievements and well being of each individual will happening while practicing the dance .

Dance can be a big factor up to a healthier life, for those who practice to end up being contaminated by it as a whole, and there are several possibility that dance can play each and can be at your bodily or mental work and in fact may satisfy many who seek to both individuals with physical or emotional difficulties , such as mentally stressful .

We observed the responses of each interviewee that both dancing on the big stage as those who dance for fun making your shower dance stage , their achievements, emotional, intellectual and physical aspects in every person always happen in different ways and with different intensities , but the accomplishments and their natural well-being exist while dancing . Also pointed out in our research , that often people are faced with many problems , physical or psychological , as a stressful day at work , or family problems or their own ego or various bodily difficulties , the likelihood of these people who are proposing the practice of dance is bringing your satisfaction and fulfill themselves, resolve or even increase their self-esteem to resolve or cope with their problems is increasing with its practice .

Through our research , it was amazing to watch the results and development work that the individuals participating in the dance felt about her , and all the benefits of a general who brought and is bringing .Bringing our conclusion that dancing can give us self-esteem when we practice , Self esteem can not give us the answers to the problems , but it can give you courage, courage, commitment , to search for the answers , and make you can solve or understand them better. Dancing can make a significant bodily manifestation , and fulfilling for those who practice .

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MOVEMENTS OF EMOTIONAL STATES OF PEOPLE DANCING

ABSTRACT

Dance can interfere in many ways the emotional states of the people who practice it , moving the body allows her emotions also move in and each in a different way , being cognitively , physically, emotionally , or until all at once , those that are covered by this profile can engage and times and having amazing results with yourself , because that dance can successfully achieve several aspects in the lives of those who practice it . In order to report the movements of the emotional states of people dancing . The research is characterized as exploratory . The subjects were dancers from Dancing Company - Move Space Dance Company Ararazul and dance , with different ages and genders , and practicing , or working with dance. The instruments used were questionnaires and interviews conducted with practitioners of dance, which brought us the broadest clarifications to observe the changes that dance can provide every individual who practices with the different ways that it can be transmitted and played on its practitioners .

KEY - WORDS: Dance . . Emotional Aspects

RÉSUMÉ

Chacun d'une manière différente , étant cognitif, physique , émotionnel , ou jusqu'à ce que tout à coup, ceux qui sont couverts par ce profil peut engager des temps, et ayant des résultats étonnants avec vous-même, parce que la danse peut La danse peut interférer de plusieurs manières les états émotionnels des gens qui le pratiquent , le déplacement du corps permet ses émotions se déplacent également dans réussir à atteindre plusieurs aspects dans la vie de ceux qui le pratiquent . Afin de rendre compte des mouvements des états émotionnels de gens qui dansent . La recherche est caractérisé comme exploratoire . Les sujets étaient des danseurs de Danse Company - Déplacer Espace Dance Company Ararazul et la danse , avec différents âges et sexes , et de pratiquer , ou de travailler avec la danse . Les instruments utilisés étaient des questionnaires et des entrevues avec des praticiens de la danse , qui nous ont apporté les précisions les plus étendus pour observer les changements que la danse peut fournir chaque individu qui pratique avec les différentes façons dont il peut être transmis et a joué sur ses praticiens .

MOTS - CLÉS: Danse . . Aspects émotionnels .

RESUMEN

La danza puede interferir en muchos aspectos los estados emocionales de las personas que lo practican , moviendo el cuerpo permite que sus emociones también se mueven dentro y cada uno de una manera diferente , siendo cognitivo , físico, emocional , o hasta que todos a la vez , aquellos que están cubiertos por este perfil se puede participar y tiempos, y tener resultados sorprendentes con usted mismo, ya que la danza puede lograr con éxito varios aspectos en la vida de quienes lo practican . Con el fin de informar de los movimientos de los estados emocionales de la gente que baila . La investigación se caracteriza por ser exploratoria. Los sujetos fueron bailarines de Dancing Company - Mover Espacio Dance Company Ararazul y la danza , con diferentes edades y géneros , y practicar , o trabajando con la danza. Los instrumentos utilizados fueron cuestionarios y entrevistas realizadas a los profesionales de la danza , que nos hizo las aclaraciones más amplias para observar los cambios que la danza puede ofrecer a cada individuo que lo practica con las diferentes maneras en que se puede transmitir y reproducirse en sus practicantes .

PALABRAS - CLAVE: Danza. Aspectos emocionales .

MOVIMENTOS DOS ESTADOS EMOCIONAIS DAS PESSOAS QUE DANÇAM

RESUMO

A dança pode interferir de diversas formas os estados emocionais das pessoas que a praticam, movimentando o corpo permite que suas emoções se movimentem também, em e cada um de uma forma diferente, sendo cognitivamente, corporalmente, emocionalmente, ou ate tudo ao mesmo tempo, aqueles que estão englobados nesse perfil conseguem se envolver e as vezes e ter resultados surpreendente com si mesmo, pelo fato de que a dança pode conseguir atingir diversos aspectos na vida de quem a pratica. Com o objetivo de relatar os movimentos dos estados emocionais das pessoas que dançam. A pesquisa é caracterizada como exploratória. Os indivíduos foram bailarinos da Companhia Dançar - Movimente Espaço de Danças e Ararazul Companhia de dança, com diferentes idades e gêneros, que praticam e, ou trabalham com a dança. Os instrumentos utilizados foram entrevistas e questionários realizados com os praticantes da dança, que nos trouxeram esclarecimentos mais amplos para observarmos as mudanças que a dança pode proporcionar a cada individuo que a pratica, com as diferentes formas que ela pode ser transmitida e tocada em seus praticantes.

PALAVRAS - CHAVE: Dança. . Aspectos Emocionais.