81 - LEVEL OF ANXIETY AND STRESS IN PROFESSIONAL DANCERS OF URBAN DANCE: AN ANALYSIS OF PRE-COMPETITION OF 32 JOINVILLE DANCE FESTIVALS

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INTRODUCTION

In all competitive sports modalities it is known that the level of anxiety / stress can be crucial in the search results.Dance is no different, especially when we make reference to a competition event as the Joinville Dance Festival.

To Barbanti (1994, p 18), anxiety:

> It is an emotional state of fear, apprehension, a sense of impending disaster, without any rational explanation. It denotes various complex emotional states that are caused by internal or external factors and arise from real or perceived threats. These states are described with terms such as: arrest, agitation, paralysis hassles.

Hundreds of dancers, in different ways, they have a few minutes to be able to conduct a performance and put it perform a "dream" to highlight the possibility of national or international level as has happened in other stages of the festival.

Originally the dance is not considered one, however numerous competitive mode are events that provide this kind of choreographic presentation. Why, then, being in a competitive environment it is possible that the dancer or dancer will suffer from the evils of stress prior to presentation, a sporting event such as the search for positive results is a reality.

This study aimed to determine the general level of anxiety and stress in professional dancers of urban dance in the city of Joinville, before the 32nd Festival de Joinville Dance competition.

When seeking information on pre-competitive behavior we seek to base this study within concepts of sports psychology as Franco (2000), is the scientific study of behavior and outcomes of sporting events, related people entered it.

The sport psychology has received great impetus in recent years, as assertion Becker Jr. (2002), this is due to the fact that, in most sports, top athletes have a time equaled and according to Bello (1998, p.34), "Psychology sport competition study a situation called a" pre-agonistic syndrome "which is depicted by anxiety athletes, which may be positive or negative in accordance with the condition".

Becker Junior (2002) also depicts that it is a working tool for professionals, such as psychologists, coaches, athletic trainers, physical education professionals, researchers, sports physicians, physiotherapists, nutritionists, social workers, occupational therapists, leaders and sportswriters, and the athletes themselves.

Several other segments of psychology have influenced Sport Psychology insofar as they contribute to the expansion of knowledge of psychological phenomena that encompass the sport activity (Weinberg, 2001).

The search for information on pre-competitive state does not, at some point, compare dancing with the sport, but allows understanding the phenomenon of time of participation in a competition with a presentation. This case is knowledge or common sense that anxiety is one of the emotional factors that can influence the performance of athletes in a positive and negative way, becoming a manifestation of emotion, defined by a process of inter-relationships between cognitive systems physiological and social (Detanico cited Samulski, 2002, p. 01).

Before the competition, the athlete is in a state of intense psychic pressure (psychological stress), which has been called "competitive trait anxiety".

Dance is no different, because according to Leite et al (2011, p. 01) "It is a mode characterized by the presence of dramatic expression (artistic character) with movements of stability and rapid recovery without the loss of body balance".Thus contrasting lightness and strength, requiring a large degree of physical, psychological and aesthetic preparation of the dancers, especially in competitive situations. There is indeed a moment of threat to the development of their skills and this threat is called result.

About Joinville Dance Festival is a consolidated event by tradition, the professionalism and the plurality of participants. According to the Institute for Dance Festival of Joinville (Web, 2013), the festival is multiply, offering lectures, courses, special presentations with invited groups, has a curated (analysis and management presentations), offers gala with companies of international repute and moves, on average, around 200 000 people at an average of 170 hours of shows. This last fact earned the citation as the biggest festival in the world in the Guinness Book world since 2005.

METHODS

To reach the proposed goals, an investigative procedure was done through a questionnaire with 32 Joinville Dance Festival. Investigative protocol analysis of the level of stress on the individual, applied to competitive dancers who attended the show was used; totaling 102 subjects of both sexes and of different ages; 50 were females and 52 males.The methodological procedures of research are theoretical and bibliographical nature, field, and transversal study. The structure of a cross-sectional study is similar to that of a cohort study, however, the cross-sectional studies all measurements are made in a single "moment", thus not existing term follow-up of individuals (Thomas & Nelson, 2002).

Given the nature of research, we chose to use as an assessment tool to measure the degree of anxiety and stress, STAI - State-Trait Inventory Anxiety formulated by Spielberger et al. (1970), and translated and validated by Natalício and Biaggio (1979) for the Brazilian population. This is considered the gold standard and has been widely used. The subjects involved were professional dancers of urban dances, participants of the 32nd Festival de Joinville Dance Festival Dance Institute in the city of Joinville-SC.

The survey had a favorable opinion of the Ethics Committee under number 715 648 and all participants who answered the investigative protocol, signed (or their legal representatives) to informed consent. With reference to statistical analysis, data, once collected, was organized in an Excel spreadsheet and then plotted on a spreadsheet SPSS 16.0 where they were initially analyzed using descriptive and frequency statistics. In sequence data were compared by the "t student" for purposes of comparing the groups regarding the test results.

ANALYSIS OF RESULTS

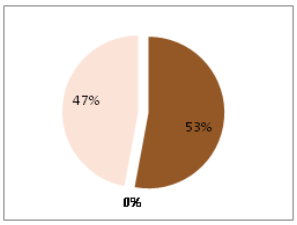
The analyzed group consisted of 102 subjects of whom 52 (50.98%) males and 50 (49.02%) women with an average age in the group were 21.36 ± 3.74 years, with a minimum age of respondents 16 years and maximum 37 years.This group represented a sample of different cities and states of Brazil who were present in 32 Joinville Dance Festival and working with dance in their origins.At the festival's competitive age can vary from 12 years onwards, everything depends on the category in which the school enrolls his dancer.According to the regulation in the junior category age group is between 12-15 years and the senior above 15 years (IFDJ, 2013).

In the research protocol 20 questions in the questionnaire state and another 20 are performed on the trait questionnaire.

Overall data showed the following characteristics:

1) Of the 102 patients investigated, 54 (53%) have a median level of state anxiety and 48 (47%) have a higher level of state anxiety or equal to 50, in other words, have a very high state anxiety level.

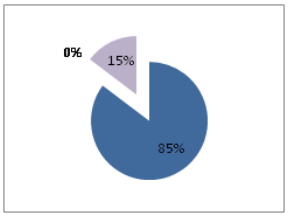
Figure 1 – level of state - anxiety.



Source: own research.

2) Of the 102 subjects, 87 (85%) have a median level of trait anxiety and 15 (15%) have a level of greater than or equal to 50 trait anxiety;in other words, have a very high level of trait anxiety.

Figure 2 – Level of trait - anxieties.

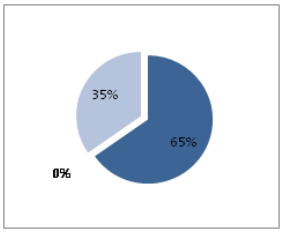


Source: own research.

When separated by gender the data show specific characteristics regarding their relationship between state and trait as follows:

3) For males, 34 (65%) of the 52 men, have a median level of state anxiety and 18 (35%) men had a higher level of state anxiety or equal to 50, in other words, have a very high level.

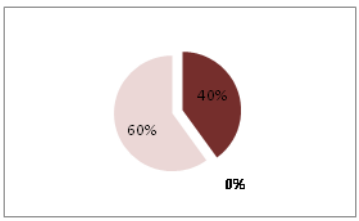
Figure 3 – Level of men state - anxieties.



Source: own research.

4) In females, 20 (40%) of 50 women showed a median level of state anxiety and 30 (60%) of 50 women had a higher level of state anxiety or equal to 50, in other words, a level of anxiety -state very high. With regard to this profile could prove, through the "Student t" test unpaired there is significance in the difference obtained with p <0.05, where women presented a higher state anxiety relationship.

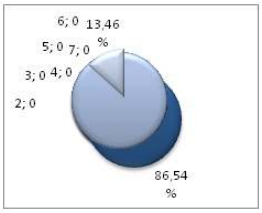
Figure 4– Level of female state - anxiety



Source: own research.

5) Profile of trait anxiety for males, 45 (86.54%) of the 52 subjects showed an average level of trait anxiety and 7 (13.46%) had a higher level of trait anxiety or equal to 50 and is considered a very high level.

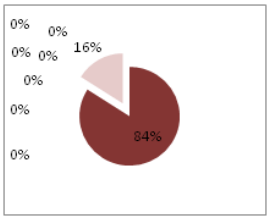
Figure 5– Level of men trait - anxieties.



Source: own research.

6) With respect to females, 44 (84%) of the subjects showed an average level of trait anxiety and 6 (16%) had greater than or equal to 50, in other words, a level lot. The relationship between gender significance was not achieved for the values although there was numerical difference.

Figure 6– Level of female trait - anxieties.



Source: own research.

According to the results, we analyze a significant level of anxiety in professional dancers of urban dance.

As Constantine and Lofrano Prado-Prado (2010), who also studied in pre-competition anxiety by STAI, found high levels of anxiety in professional dancers, with an average age of 35 yearsold.Already Gasparini, Lee and De Rose, Jr. (2012) found average levels of anxiety, applying the scale Sport Anxiety Scale (trait anxiety) and the Competitive State Anxiety Inventory-2 (state-anxiety) 28 dancers, coinciding with studies performed with athletes.

In studies of Sousa, Mariani and Samulski (2002) concluded that both the dancers as dancers showed well-defined symptoms that indicate the presence of stress and anxiety during the pre-debut dance performances. In this case the dancers showed more symptoms and higher scores than those presented by the dancers; but they achieved levels of middle and high anxiety. We can analyze that competitive events are usually generating anxiety and can interfere with concentration of dancers and thereby generating stress and anxiety, and this fact can be detrimental to performance as well as the quality of life for ourselves.

CONCLUSIONS

The present study had as its theme, the level of anxiety and stress in professional dancers of urban dance: a pre-competition analysis of 32 Joinville Dance Festival. Aimed to determine the level of anxiety and stress in professional dancers of urban dance in the city of Joinville, before the competition in order to find techniques to soothe anxiety and stress characteristic of the pre-competition.

From the approaches taken in this study, along with data collected, it is noticed that in competitive events is the common presence of stressors that in turn can evoke emotional responses as well as changes in the behavior of the participants. These responses (anxiety) can have high magnitudes (perceived threat), and thus there may be adverse influences on the performance of the subject in the previous time and at the time of carrying out the activity, ie the competition.

High levels of state anxiety and trait anxiety are associated with significant functional impairment. Despite advanced studies and attempts to understand these "disorders" anxiety treatment remains a challenge for clinical practice. Although the relevance of the topic is indisputable, there are few studies that investigate systematically the same way. The development of new clear strategies for dealing with this problem is fundamental.

Abrantes (Web, 2007), believes that "the most defeats in the sports world is justified by the difficulty in controlling negative emotions, such as anxiety and stress, for example, that are considered disturbing factors the performance of athletes." And by this way, it would be a proper psychological preparation of the dancers to cope with stress and anxiety generated by the competition.

As for Rubio (Web, 2000) "there are some strategies that can help the athlete deal with excessive anxiety and tension, how to learn to recognize and change negative thoughts, use positive, regular breathing information, maintain a sense of humor and do relaxation ", so the dancer needs to be concentrated, this being a prerequisite for having a great performance. Try to focus on relevant cues during the competition is also very important to be aware of the situation which gives him a greater involvement with it.

Finally, to better compete, the dancer needs to have a good physical preparation and also needs to have a good intellectual preparation, ie, paying special attention to the psychological element. For the psychological factors related to the competition in terms of anxiety and stress can significantly affect the physical performance of the dancer and also the motivation for the competition.

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LEVEL OF ANXIETY AND STRESS IN PROFESSIONAL DANCERS OF URBAN DANCE: AN ANALYSIS OF PRE-COMPETITION OF 32 JOINVILLE DANCE FESTIVALS

ABSTRACT

Stress is a symptom that tends to interfere with the performance of people who practice physical activities of a competitive nature in different forms or periods of his life.The objective of this study was to determine the level of anxiety and stress in professional dancers of urban dance in pre-competitive phase of 32 Joinville dance festival.Investigative protocol analysis of the level of stress on the individual who has applied for dancers who participated in the competitive exhibition of the 32nd festival of dances of Joinville was used,totaling 102 subjects of both sexes and of different ages, 52 (50.98%) males and 50 (49.02%) women with a mean age of 21.36 ± group 3.74 years, with a minimum age of respondents 16 years and maximum 37 years.The evaluation protocol was used to measure the degree of anxiety and stress, STAI - State-Trait Inventory Anxiety formulated by Spielberger et al. (1970) translated by Natalício and Biaggio (1979) for the Brazilian population. Of the subjects, 53% had levels of anxiety and 47% median level of very high state anxiety.On trait anxiety, 85% had median level of total and 15% very high level.From the data collected, it is noticed that in competitive events is the common presence of stressors that in turn can evoke emotional responses as well as changes in the behavior of the participants.To better compete, the dancer needs to have a good physical preparation and also needs to have a good intellectual preparation, in other words, paying special attention to the psychological element.By understanding the behavior of the competitive event participant shall be able to work on the elements that constitute the decisive factor to the result,in other words, motivation and performance.

KEYWORDS: Anxiety, Stress, Dancers, Pre-competition.

NIVEAU D'ANXIÉTÉ ET DE STRESS CHEZ LES DANSEURSDE LA DANSE PROFESSIONNELLE URBAN: UNE ANLYSE DE PRE-CONCURRENCE DE 32 JOINVILLE FESTIVAL DE DANSE

RÉSUMÉ

Stress is a symptom that tends to interfere with the performance of people who practice physical activities of a competitive nature in different forms or periods of his life.L'objectif de cette étude était de déterminer le niveau d'anxiété et de stress chez les danseurs professionnels de la danse urbaine en phase pré-compétitive de 32 festival de danse de Joinville.Enquête analyse de protocole du niveau de stress de l'individu qui a demandé aux danseurs qui ont participé à l'exposition compétitive de la 32e Festival de danses de Joinville a été utilisée, un montant total de 102 sujets des deux sexes et de différents âges, 52 (50,98%) hommes et 50 (49,02%) des femmes avec un âge moyen de 21,36 ± 3,74 années groupe, avec un âge minimum de répondants de 16 ans et maximum 37 ans.Le protocole d'évaluation a été utilisé pour mesurer le degré d'anxiété et de stress, STAI - State-Trait Anxiety Inventory formulée par Spielberger et al. (1970) traduit par natalicio et Biaggio (1979) pour la population brésilienne.Parmi les sujets, 53% avaient des niveaux d'anxiété et de 47% le niveau médian de très forte anxiété de l'Etat.Sur l'anxiété trait, 85% avaient le niveau médian du total et 15% de très haut niveau.D'après les données recueillies, on remarque que dans les compétitions est la présence commune de facteurs de stress qui à son tour peut provoquer des réactions émotionnelles ainsi que des changements dans le comportement des participants.Pour mieux soutenir la concurrence, le danseur doit avoir une bonne préparation physique et doit également avoir une bonne préparation intellectuelle, à savoir, en accordant une attention particulière à l'élément psychologique.Par la compréhension du comportement du participant de l'événement en concurrence est en mesure de travailler sur les éléments qui constituent le facteur décisif pour le résultat, à savoir, la motivation et la performance.

MOTS-CLÉS: Anxiété, Stress, Danseurs, Pré-compétition.

NIVEL DE ANSIEDAD Y ESTRÉS EN LOS BAILARINES PROFESIONALES DE DANZA URBANA: UN ANÁLISIS DE PRE-COMPETICIÓN 32 FESTIVAL DE DANZA DE JOINVILLE

RESUMEN

El estrés es un síntoma que tiende a interferir con el desempeño de las personas que practican actividades físicas de carácter competitivo en diferentes formas o períodos de su vida. El objetivo de este estudio fue determinar el nivel de ansiedad y el estrés en los bailarines profesionales de danza urbana en fase pre-competitiva del festival de 32 de Danza de Joinville. Fue utilizado el protocolo de Investigación del nivel de estrés en el individuo. El grupo analizado fue compuesto por los bailarines que participaron en la muestra competitiva del festival 32 de los bailes de Joinville. De un total de 102 sujetos de ambos sexos y de diferentes edades, de los cuales se utilizó 52 (50.98%) hombres y 50 (49.02%) mujeres con una edad media de 21,36 ± 3,74 años del grupo, con una edad mínima de los encuestados de 16 años y un máximo de 37 años. El protocolo de evaluación se utilizó para medir el grado de ansiedad y el estrés, STAI - Ansiedad Estado-Rasgo Inventario formulada por Spielberger et al. (1970) traducido por Natalicio y Biaggio (1979) para la población brasileña. De los sujetos, el 53% tenían niveles de ansiedad y 47% nivel medio de muy alto estado de ansiedad. El rasgo de ansiedad, el 85% tenía nivel medio de nivel muy alto total y el 15%.

A partir de los datos recogidos, se observa que en los eventos competitivos es la presencia común de los factores de estrés que a su vez puede evocar respuestas emocionales, así como cambios en el comportamiento de los participantes. Para una mejor competencia, el bailarín tiene que tener una buena preparación física y también tiene que tener una buena preparación intelectual, es decir, prestando especial atención al elemento psicológico. Al entender el comportamiento del participante evento competitivo será capaz de trabajar en los elementos que constituyen el factor decisivo para el resultado, es decir, la motivación y el rendimiento.

PALABRAS CLAVE: Ansiedad, Estrés, bailarines, pre-competencia.

NÍVEL DE ANSIEDADE E ESTRESSE EM BAILARINOS PROFISSIONAIS DE DANÇAS URBANAS: UMA ANALISE PRÉ-COMPETIÇÃO DO 32º FESTIVAL DE DANÇA DE JOINVILLE

RESUMO

O estresse é uma sintomatologia que tende a interferir no rendimento das pessoas que praticam atividades físicas de caráter competitivo em diferentes modalidades ou períodos da sua vida. O objetivo deste trabalho foi determinar o nível de ansiedade e estresse em bailarinos profissionais de danças urbanas na fase pré-competitiva do 32º festival de dança de Joinville. Foi utilizado o protocolo investigativo de analise do nível de estresse no indivíduo que foi aplicado em bailarinos que participaram da mostra competitiva do 32º festival de danças de Joinville, totalizando 102 sujeitos de ambos os sexos e de diferentes idades, sendo 52 (50,98%) homens e 50 (49,02%) mulheres, com idade média do grupo em 21,36±3,74 anos, sendo a idade mínima dos respondentes 16 anos e a máxima 37 anos. O protocolo de avaliação utilizado foi para mensurar o grau de ansiedade e estresse, o IDATE - Inventário de Ansiedade Traço-Estado formulado porSpielbergeret al. (1970) traduzido por Biaggio e Natalício (1979) para a população brasileira.Dos sujeitos, 53% apresentaram nível de ansiedade mediano e 47% nível de ansiedade-estado muito alto. Sobre a ansiedade-traço, 85% do total apresentaram nível mediano e 15% nível muito elevado. A partir dosdados coletados, percebe-se que em eventos competitivos é comum a presença de fatores estressantes que por sua vez podem evocar reações emocionais bem como alterações no comportamento dos participantes. Para competir melhor, o bailarino precisa ter uma boa preparação física, e também necessita ter uma boa preparação intelectual, ou seja, dando uma atenção especial ao elemento psicológico. Ao entender o comportamento do participante do evento competitivo poder-se-á trabalhar nos elementos que constituem o fator decisivo ao resultado, ou seja, motivação e desempenho.

PALAVRAS-CHAVE: Ansiedade, Estresse, Bailarinos, Pré-competição.