40 - ANXIETY LEVEL IN DANCERS BEFORE AND AFTER THE COMPETITION

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1.Introduction

Dancing can be considered as a leisure activity, but also covers a universe of tensions, need for the development and technical perfectionism. A dancer experiences similar conditions to those of a high-performance athlete, with a great physical and mental demand in which psychological variables (e.g., stress, anxiety, etc.) may be present either in the pre-competitive phase as in the competition

Dancing, as an artistic form and body language, conveys to the public vibrations present in the choreographic proposal that may be modified by feelings (psychological aspects), experienced by the dancer at the moment he is subjected to observations, opinions and judgments on his stage development (LEITE et al., 2011). Some factors such as fear of making mistakes, forget the choreographic sequence, audience presence and jury must be weighed before presentations since they might adversely influence the physical and psychological performance of the dancer. Anxiety could be considered as a personalistic variable of one individual (trait anxiety), a transient emotional state (anxiety state) involving major conflicts, a type of subjective uncertainty that compromises the individual's normal behavior and generates psychological changes (cognitive anxiety), and also, physiological (somatic anxiety), which does not have the same influence on the athlete's performance (WEINBERG; GOULD 2001). In order to differentiate normal from pathological anxiety, it is necessary to consider whether the anxious reaction is of short or long term, if it is related or not to a particular stimulus and whether it produces, in the individual, limitation or blockage in any sphere of his life: social, emotional and mental.

High levels of anxiety may lead to some difficulties in coordination, lack of concentration, increased energy expenditure and even a narrowing of the attention field (WEINBERG; GOULD, 2001), a situation that can also affect dancers in major dance competitions (SOUZA; MARIANI; SAMULSKI, 2002).As anxiety increases, tension and nervousness levels rise. It is possible to believe that type of anxiety (anxiety state) is more present at the beginning of a competition. Then, it influences the initial performance and has a minimal impact on the subsequent performance During the competition, the initial dancers' anxiety changes and gives way to a relative relaxation and, after the end of the activity, the anxiety level will fluctuate again due to the expected result repercussion (WEINBERG; GOULD, 2001).

When considering the competition demands and its oscillations in the anxiety variable, the dancer needs a high level of dedication, motivation, attention and concentration because, as well as in other competitive modalities, success or overcoming is related to the objectives of each presentation (LEITE et al., 2011).Therefore, identifying situations and anxiety levels can be critical for helping dancers to improve their performance on stage and in competitions.

Thus, the study aimed to analyze levels of trait anxiety and state anxiety before and after a competition and identify stressors in dancers of both genders of Classic Ballet mode, in the 31stJoinville Dance Festival - SC. Then, the paper's objective is to answer the following question: What is the anxiety level of dancers before and after a competition?

2. Materials and method

The present research is characterized as a quantitative survey of descriptive-diagnosis type because it aims to describe characteristics and practices of a particular population, experience or phenomenon, establishing relationships between the analyzed variables (GIL, 2010; SANTOS, 2002).

There was a participation of selected dancers of the Joinville Dance Festival, in the city of Joinville – SC, which is considered the World's Largest Dance Festival in the Guinness Book, since 2005.In total, the 31stedition received 2,166 choreographies from 560 groups, representing over 22 Brazilian states, the Federal District and Paraguay. Then, the judging committee selected 232 choreographies for a competitive exhibition and covering seven dance forms: classical ballet, classical repertoire, contemporary dance, urban dances, jazz, tap and folk dancing.

The study's sample consisted of 49 dancers of both sexes of Classical Ballet mode who were included in the senior category (born until 1996), group sub-genre of the 31st Festival of Dance of Joinville- SC. Despite the Festival Regulation requires people over 16, there were 15 participants aged 15, and then, they were excluded from the sample. In addition to the exclusion of adolescents under 15, other 15 participants were also excluded for responding to the questionnaire in a partial way.

For data collection, it was possible to use a constructed questionnaire of validated instruments divided into four groups:

a)General information such as age, gender, education, economic status and anthropometric variables (body mass and height).

b)Control variables: information about physical activity practice, the presence of injuries and types of dance modalities.

c)Anxiety through the State-Trait Anxiety Inventory (IDATE) that is one of the instruments more used to quantify subjective components related to stress, and it was developed and validated by Spielberger, Gorsuch and Lushene (1970).

The research was approved by the Ethics Committee on Human Research (CEPSH) - UDESC on November 29, 2012, under protocol number 159, 179. Data collection was performed after the organization approval of the 31stDance Festival of Joinville - SC, and consent form signing by the participants of 18 years old, during July 2013.

Collected data was typed in a spreadsheet of Microsoft Office Excel® software, version 2007. In relation to data analysis, it was possible to use the statistical package of Stata, version 11.0 (Stata Corporation, College Station, United States).Descriptive statistics included relative and absolute frequencies (%), average, standard deviation and amplitude. In the proportions comparison, it was used the chi-square test of Pearson, and it was possible to adopt as significant differences with a value of $p \leq 0,05$.

3. Results and discussion Table 1 shows the participation, in this study, of 49 dancers of both sexes (73.5% female

and 26.5% male), mostly female and in the high school (65.3%) and higher education (32.7%). The socioeconomic level was B (42.8%) and A (28.6%), with a normal weight (87.8%) and with an average experience from 10 to 14 years of dancing (43.5%).

Table 1 –Sample characterization according to the variables of labor relations.

Variable	n	%
Sex		
Female	36	73,5
Male	13	26,5
Education		
Primary School	1	2,0
High School	32	65,3
Higher Education	16	32,7
Economic level		
A	14	28,6
B	21	42,8
C	12	24,5
D	2	4,1
MIC		
Low Weight	6	12,2
Ideal Weight	43	87,8
Physical Activity		
Yes	23	46,9
No	26	53,1
Injury		
Yes	18	38,3
No	29	61,7
Age		
Adolescents (= 19 years)	24	49,0
Adults (= 20 years)	25	51,0
Experience Time		
Little (0to 9 years)	14	30,4
Average (10 to 14 years)	20	43,5
High (= 15 years)	12	26,1

*Significance Level ≤0,05 **The percentage refersto the 49 participants.

Table 2 presents the prevalence of anxiety state before and after the competition, and it was possible to observe that before the presentations 77.5% of the dancers had a mean level of anxiety, and 14.3% of them showed high levels of anxiety. After the presentations, some differences could be observed. A large proportion of dancers (83.7%) continued with average levels of state anxiety; however, the percentage of 14.3% of dancers with high anxiety dropped to 4.1%, after the competition.

Table 2 –Dancers state anxiety before and after the competition. Joinville – SC (2013).

Anxiety	Pre-competition anxiety		Post-competition anxiety		P value
	n	%	n	%	
Low	4	8,2	6	12,2	0,047
Average	38	77,5	41	83,7	
High	7	14,3	2	4,1	

*Significance Level ≤0,05 **The percentage refers to the 49 participants.

Data from this study, about anxiety before and after the contest shown in Table 2, indicates a reduction of state anxiety after the competition. There was a reduction of high anxiety from 14.3% to 4.1%. Similar data was found in the study of Constantino et al. (2010) with dancers. High levels of anxiety are not unusual in the period before the competition, and it was possible to realize well-defined anxiety symptom seven in the premiere of a dancing show with professional dancers (WEINBERG; GOULD, 2001).In their presentations routines (festivals and competitions), dancers are often faced with situations that could be interpreted as threatening and might lead to feelings such as fear, uncertainty, insecurity, excessive nervousness, with the possibility of making unusual errors, increased aggression, irritation and concentration difficulties (SAMULKI, 2002).

Moderate levels of anxiety are considered as ideal for a proper performance because the athlete's attention focuses on a particular task without any distractions due to irrelevant situations (low anxiety) or a decrease of his vision field undermining his presentation (high anxiety).He has the necessary physiological changes without the presence of harmful actions in his cognitive perception field (LEITE et al., 2011; BERTUOL; VALENTINI, 2006).The dancers, in this paper, while answering to an instrument before and after competitive performances, obtained a variation in average anxiety scores observed in most of them. Thus, it was characterized as a positive result considering the competitive performance where requirements are extreme, and the psychological variables suffer big changes. The outcome is consistent with the study of Constantine et al. (2010) whose results show that 80.95% of dancers showed average levels of anxiety before a competition. That is positively justified by the dancers' necessity of being in an activation state and psychologically prepared for the modality demands. Still, in the sports, moderate levels of anxiety were also found in the literature (GUILLÉN; ALVAREZ, 2010; VENTURA, 2007).

Table 3 shows and characterizes different variables: sex, physical activity, injury, age and experience time with respect to a high trait anxiety and state anxiety before and after a competition.

Table 3 –Comparison of high trait anxiety and state anxiety of dancers before and after the competition and according to associated variables.

Variable	High Trait Anxiety		High Anxietypre-state		HighAnxiety post-state	
	n	%	n	%	n	%
Sex						
Female	11	31,4	5	14,3	1	2,9
Male	4	30,8	1	7,7	1	7,7
Physical Activity						
Yes	7	30,4	4	17,4	1	4,4
No	8	30,8	3	11,5	1	3,9
Injury						
Yes	7	38,9	4	22,2	1	5,6
No	7	24,1	2	6,9	1	3,5
Age						
Adolescents (≤ 19 years)	9	37,5	4	16,7	1	4,2
Adults (≥ 20 years)	6	24,0	3	12,0	1	4,0
Experience Time						
Little (0to 9 years)	4	28,6	1	7,2	1	7,2
Average (10 to 14 years)	9	45,0	6	30,0	1	5,0
High (≥ 15 years)	1	8,3	0	0,0	0	0,0

*Significance Level ≤0,05 **The percentage refers to the 49 participants.

Regarding the anxiety level between sexes, in the present paper, it does not show significant differences because the sample size and statistics used were insufficient. Women were more anxious than men in both trait anxiety and state anxiety, before and after a competition. Many studies indicate women with higher levels of anxiety than men (DETANICO; SANTOS, 2005; GONÇALVES; BELO, 2007).

Some authors argue that the fact may be connected to the emphasis given to male sports over women, increasing females' personal pressure for results. Moreover, it is also possible to take into account the culture in which the athlete is inserted. It is worth mentioning that the number of dancers with high anxiety before a competition decreases after it no matter who practices or not physical activities. Dancers who practice physical activities in addition to dance and those who do not practice showed similar results. Ferreira (2012) state that the exercise improves self-esteem, self-concept, body image, cognitive functions and socialization, reduction of stress and anxiety.The recurring practice of aerobic exercises can produce antidepressants and antianxiety effects and protect the body from stress damaging effects on physical and mental health confirming the findings of the present research.

Concerning injuries, there were a considerable number of dancers with injuries due to high trait anxiety before a competition and a reduced number of dancers injured after the contest. Sports injuries always have physical and emotional implications in the athlete (FLOREAN, 2002).

Regarding the age, there was a prevalence of higher trait anxiety in adolescents than in adults. The literature suggests that chronological age can influence dancers' behavior and lead to higher scores(SOUZA, MARIANI, SAMULSKI, 2002).Then, not only the age appears to be relevant to a lower perception of anxiety, but the practice time devoted to sports and experience in competitions (GONÇALVES, BELO, 2007). Several studies in sports pointed out that young athletes (DETANICO, SANTOS, 2005) and those with less experience have a higher level of anxiety. Probably, younger athletes with less experience in a competitive sport are more vulnerable to demonstrate anxiety in the sporting context than older athletes, and therefore, they are more independent, more experienced and with more elaborate strategies to face stressful situations in sports. About trait anxiety, Souza et al. (2002) conducted a study to establish the relationship between psychological health and dance. The authors present some factors that trigger anxiety such as: "He gets nervous at the beginning of the presentation," "He is concerned about the mistakes that may commit during the performance" and "He feels the heart beating more strongly before the show."

However, variables such as competition importance, event proximity, uncertainties, possible failure, unknown situations, frustrating experiences and other personal factors like family influence, parents, fans and coach could also trigger cases of anxiety and stress before the competition.

4.CONCLUSION

Data obtained in this paper allows concluding that a large proportion of dancers who competed in adult group categories in the Classical ballet modality, at the 31stDance Festival of Joinville, showed average levels of anxiety during dance competition, and high anxiety in the analyzed dancers presented a tendency to decrease after the contest period. Therefore, mean and low anxieties had a non-significant increase in dancers.

It is noteworthy that no significant relationship was found between anxiety level, gender, age and experience time with dancing. It is possible to conclude that dancers demonstrated an average standard of trait anxiety and state anxiety before and after a presentation, during the dance festival contest. The main anxiety decrease was observed among women, teenagers, those with injuries and average experience in dancing.

Since all groups want to achieve the highest level of the festival, it is necessary to take into consideration that dancers feel heart beatings, butterflies in the stomach, fear to miss the choreography and/or forget the choreographic sequence. However, they all hope that everything will happen as planned, and they will have a good performance.

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ANXIETY LEVEL IN DANCERS BEFORE AND AFTER THE COMPETITION

ABSTRACT

The study analyses the level of anxiety in dancers before and after the competition. There was a participation of 49 dancers of both sexes in Classical Ballet mode and enrolled in the senior category, group subgenre, of the 31stJoinville Dance Festival in the city of Joinville - SC, in 2013, with ages between 16 and 30 years. For data collection, it was possible to use a questionnaire containing general information on physical activity, dance and anxiety through the State-Trait Anxiety Inventory (IDATE). Dancers answered the survey at the presentation place, about 30 minutes before and after the competition. It was necessary to utilize inferential and descriptive statistics through Stata software, version 11.0. The results indicated that before the presentation 77.5% of dancers had a mean level of anxiety, and 14.3% showed high levels of stress. After the presentations, it was possible to observe some differences. High anxiety dropped from 14.3% to 4.1%, medium and low anxieties had a non-significant increase in dancers. It is noteworthy that no significant relationship was found between anxiety level, gender, age and experience time with dancing. It can be concluded that dancers had a mean level of anxiety during the dance festival competition. The principal stress decreases were observed among women, dancers, teenagers, those people with injuries and with an average experience in the dance. The groups aim to achieve the highest level of the festival; therefore, these dancers suffer psychological pressures that lead to stress and anxiety.

KEYWORDS: Anxiety, Dance, Dancers.

LE NIVEAU D'ANXIÉTÉ SUR LES DANSEURS AVANT ET APRÈS LA COMPÉTITION

RÉSUMÉ

Cette étude cherche à analyser le niveau d'anxiété sur les danseurs avant et après la compétition. Ont participé à celle-ci 49 danseurs de tout sexe de la modalité Balé Classique, inscrits dans la catégorie senior sous-catégorie conjointement au 31ème Festival de Danse de Joinville dans la ville de Joinville – SC, en 2013 avec pour tranche d'âge de 16 à 30 ans. Pour la collecte de données, il a été utilisé un questionnaire qui contenait des informations générales sur l'activité physique et danse, et l'anxiété au moyen de l'Inventaire de l'Anxiété Trait-État (IDATE). Les danseurs ont répondu sur place au questionnaire de la présentation, au peu près 30mn avant et après la compétition. Il a été utilisé la statistique descriptive et dédictive au moyen du programme Stata, version 11,0. Les résultats ont indiqué qu'avant les représentations 77,5% des danseurs présentent un niveau moyen d'anxiété et 14,3% présentent un haut niveau d'anxiété. Après les représentations, quelques différences ont pu être observées. La haute anxiété est tombée de 14,3% à 4,1% et la moyenne et basse anxiété ont eu une augmentation non significative de danseurs. Il est a noté qu'aucune relation significative a été rencontrée entre le niveau d'anxiété, le sexe, l'âge et le temps d'expérience avec la danse. On peut en conclure que les danseurs ont présenté un niveau moyen d'anxiété à l'occasion de la compétition du festival de danse. Les principales chutes d'anxiété ont été observées parmi les femmes, danseurs adolescents, ceux avec des lésions et avec une expérience moyenne de la danse. Les groupes veulent à tout prix atteindre le plus haut niveau du festival et ainsi ces danseurs souffrent des pressions psycologiques, les amenant au stress et à l'anxiété.

MOTS-CLÉS: Anxiété; Danse; Danseurs

NIVEL DE ANSIEDAD ENLOS BAILARINES ANTES Y DESPUÉSDE UNA COMPETICIÓN

RESUMEN

Este estudio buscó analizar el nivel de ansiedad en los bailarines, antes y después de una competencia. Participaron 49 bailarines de ambos sexos de la modalidad Ballet Clásico, inscriptos en la categoría sénior del subgénero conjunto, en el 31º Festival de Danza de Joinville, en la ciudad de Joinville – SC,en el año 2013, y con edades entre 16 y 30 años. Para la obtención de los datos se utilizó un cuestionario que contenía informaciones generales sobre actividad física, danza y ansiedad por medio del Inventario de Ansiedad Trazo-Estado (IDATE). Los bailarines respondieron al cuestionario en el lugar de la presentación, cerca de 30 minutos antes y después de la competición. Se usó la estadística descriptiva e inferencial por medio del programa Stata, versión 11.0.Los resultados indicaron que antes de las presentaciones 77,5% de los bailarines mostraron un nivel medio de ansiedad, yel 14,3% presentó un nivel alto de ansiedad. Después de las presentaciones fue posible observar algunas diferencias. La ansiedad alta disminuyó de 14,3% para 4,1% y la media y baja ansiedad tuvieron un aumento poco significativo en los bailarines. Se destaca que no fue encontrada ninguna relación significativa entre el nivel de ansiedad, sexo, edad y tiempo de experiencia con la danza. Se puede concluir que los bailarines presentaron un nivel medio de ansiedad por ocasión de la competición, en el festival de danza. Las principales disminuciones de ansiedad fueron observadas entre las mujeres, los bailarines adolecentes, aquéllos que tenían alguna lesión y con experiencia media en la danza. Los grupos desean alcanzar el más alto nivel del festival, y así, esos bailarines sufren presiones sicológicas, llevándolos a sufrir estrés y ansiedad.

PALABRAS CLAVE: Ansiedad, Danza, Bailarines.

NÍVEL DE ANSIEDADE EM BAILARINOS ANTES E APÓS A COMPETIÇÃO

RESUMO

Este estudo buscou analisar o nível de ansiedade em bailarinos antes e após a competição. Participaram 49 bailarinos de ambos os sexos da modalidade Balé Clássico, inscritos na categoria sênior subgênero conjunto do 31º Festival de Dança de Joinville na cidade de Joinville – SC, no ano de 2013 com faixa etária de 16 à 30 anos. Para a coleta de dados foi utilizado um questionário que continha informações gerais, sobre atividade física e dança, e ansiedade por meio do Inventário de Ansiedade Traço-Estado (IDATE). Os bailarinos responderam ao questionário no local da apresentação, cerca de 30 minutos antes e após a competição. Fez-se uso da estatística descritiva e inferencial por meio do programa Stata, versão 11.0. Os resultados indicaram que antes das apresentações 77,5% dos bailarinos apresentaram nível médio de ansiedade e 14,3% apresentaram nível alto de ansiedade. Após as apresentações, algumas diferenças puderam ser observadas. A alta ansiedade caiu de 14,3% para 4,1% e a média e baixa ansiedades tiveram um aumento não significativo de bailarinos. Destaca-se, que nenhuma relação significativa foi encontrada entre nível de ansiedade, sexo, idade e tempo de experiência com a dança. Pode-se concluir que os bailarinos apresentaram nível médio de ansiedade por ocasião da competição do festival de dança. As principais quedas de ansiedade foram observadas entre as mulheres, bailarinos adolescentes, aqueles com lesão e com média experiência na dança. Os grupos almejam atingir o mais alto grau do festival, e assim esses bailarinos sofrem pressões psicológicas, levando ao estresse e à ansiedade.

PALAVRAS-CHAVE: Ansiedade; Dança; Bailarinos