

KINESIOLOGICAL RECREATION WITH MUSIC AND DANCE

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Review paper

Abstract

Dancing and music as regular recreation is insufficiently implemented in practice. Many researches in recent years indicate that dance, as a form of recreation, is at the top of the interest of the female population. Generally it was also revealed, that interest of women to regular forms of recreation such as fitness, aerobics etc. is dropping. It is possible to activate a number of participants with dance and music for permanent exercise. Regarding this fact appears more health disturbances which manifest a lack of general energy, immunity and vitality due to reduced mental and physical abilities and contemporary way of life. Although it is possible to monitor several benefits of dance and music on anthropological status in the whole World, in Croatia it is exculpatively unattended, especially from kinesiological aspect. We suggest more important inclusion of dance and music into kinesiological science and practice for forming standards of its usage for different purposes.

Key words: *kinesiology, dance and music, recreation, woman*

Introduction

Kinesiology recreation includes various physical activities divided in groups as follows: sport activities, natural motion and exercise programs including conventional activities such as aerobics, rhythmic gymnastics, and figure skating and dancing. All this activities can lead to transformation of man's anthropological status using appropriate methodical procedures. Previous studies in the field of kinesiology at the Croatian region indicate that kinesiology operators can influence essential body components during period of living resulting changes i.e. increasing psycho-physical skills. Such changes are factor that prevents many diseases that are progressively increasing with the development of technology regarding cardiovascular system problems, metabolic disorder, locomotor system disorder, mental disorder etc. The etiology of the disease is related to stress, hypokinesia, environmental pollution and psycho-social imbalance. Awareness of the importance of physical activity as a factor in improving health is present in most adults, but in spite of information, usually only a small part of the Croatian population is actually engaged in some form of regular physical activity. The limiting factors, noted in most studies and people present it as the main cause of not exercising, indicate the lack of time and will to enter regular physical activity program. This context especially emphasizes female population which in a much smaller proportion participates in sport-recreation programs and their lack of interest starts in earlier age (Markuš, Andrijašević and Prskalo, 2008). This trend continues in spite of positive attitude toward physical activity and thus on the academic level during studying exercise is not on the list of priorities during leisure time of female students (Andrijašević, Ciliga and Jurakić, 2009). Some passive contents are present like internet surfing, visiting coffee shops, and watching TV.

Or even simply idleness (Ilišin and Radin, 2002). The question is, why young people, especially females quit engaging in some programs of physical activity. The results of hypokinesia presence in females are devastating and consequences are presence of general fatigue, feebleness, spinal pain, decreased vitality etc (Andrijašević et al., 2005). Previous researches pointed some psycho-physical disorders in inactive women (average age 35) where many physical and psychological issues occur which are temporarily reduced by taking various calming and sleeping pills (Andrijašević and Bonacin, 1997). On the other hand, recent researches in young students of Zagreb University indicate extreme passivity, as well as alcoholism and other addictions. In active students dominate activities associated with dance, aerobics and movement in nature (Ćurković, 2010).

In relation to the male population, women are interested in dance programs (Leslie et al., 2001, Keating et al., 2005), and motivation for such forms of physical activity were discovered in the gym of Aerobics Center in Pula (Radetikio and Bosnar, 2008). Many researches in recent decades have shown similar results. We believe that we could draw general conclusions from conducted researches about current issues, but also the measures, criteria and methods for finding solutions to this growing problem that jeopardize psychophysical health of women. It's not necessary to highlight repercussions that reflect on overall population of such behavior. The behavior patterns of adult (mothers) are essential for upcoming generation that is yet to adopt the habits for the future. Physical activity is a crucial part in the psychophysical development of the person and the preservation of vital body function. As a preventive measure it's in order of the primary biological body needs that prevents increasement of adverse effects of technological development and modern, physically inactive life.

Review of physical activity research in female population in Croatia

The results related to presence of physical activity indicate decline of interest of young women in personal participation which can be systematized according to various groups as follows:

- Declining trend of regular physical exercise in female population is present;
- The trend of passive forms of leisure time is present.

Etiology of inactivity emphasized by respondents is resumed to a few facts:

- Not enough personal time;
- Not enough energy and drive for activation;
- Lack of exercising habit;
- Social environment does not support exercise.

The consequences resulting from lack of physical involvement can be associated with the current, expressed difficulties and hardships:

- The number of women that express high level of stress, excessive tension, overweight, general health problems and dissatisfaction increases;
- The number of women with risky behavior (alcoholism, taking pills, smoking etc) increases.

The existence of physical activity interest mostly points out the desire for activities which include a few key characteristics:

- Activities with certain music are required
- Activities with presence of dance structures, choreography which enable freedom of esthetic value movement are emphasized;
- Exercise, in small groups with people of similar interests and goals, is desirable.

We can certainly highlight that most women in Croatia carry the burden of society development to the detriment of their health, placing it at a lower level of priority. The results of such relation endanger psycho-physical health of females, while the body naturally defends itself with various manifestations such as: fatigue, moodiness, sleep disorder, lack of attention, low immunity, social disturbances loss of interest and life energy etc and which are temporarily alleviated with pharmaceutical products (Andrijašević, 2010). Between disruption of imposed obligations and opportunities, in society which dictates tempo of living and also obtrudes dogma and value systems, this society places females in the area easy to control and enforces almost everything that is in someone else's interest but their own. Not being able to see her personal goals, or not being able to accomplish her own self or not being able to recognize personal values leads to depression (Škarica, 2008). Therefore it's extremely important to establish priority system that will raise the quality level of life and work of women. Body activity is a good way of satisfying need for: psychological relief, physical empowerment, relaxation and side effects just as important such as socialization, creativity, empathy, joy and fun. Resuming the conclusions of numerous studies we can certainly claim that music and dance structures are on priority ranking for women when it comes to selection of recreational physical activity.

Therefore, most women, regardless of age, prefer dance (various types), and music. Motives that supervene from mentioned interest reside in many factors which we will study in this paper. We also have to highlight that mentioned primary goals and motivation for such types of exercise are present in most researches (Jurakić, Pedišić and Greblo, 2010; Radetikić and Bosnar, 2008; Caput-Jogunica and Čurković, 2006), and they emphasize the desire for relaxation, better looks and improvement of personal health in females.

Music as a motive for exercise

Završki in 1964 described significance of music as art for a man since the beginning of music, where he talks about origins of various songs and different simple sounds produced with percussions attributed with great power. In his work Sieroszewski described shamanic ritual followed by a variety of different percussion rhythms and his dancing that should achieve different results infusing spectators with awe. A large number of singings are associated with daily work in order to elevate the motivation to work, even in slave labor. With appearance of epic and lyric poems, which lose their religious and work characteristics, there are texts of different topics from lullabies, cheerful, loving, etc. The music in Greek culture was associated with philosophy that was included in education system; they considered that music has strong effect on human education and also on his nobility, courage, determination, gentleness and diligence as well as his cruelty and laziness. Plato thought young people should listen only quality music and he considered the state was better if they had better music (from the book Završki et al., 1964). The history of mankind shows that musical expression is inseparable from human nature. The strength of music can be compared with the way of expression – communication that can strongly describe feelings, emotions, experience, and events but is also passing a message to a listener. Chinese proverb says: "Music comes from the heart of man. "When emotions are born they are shaped into the music where the sound is born through the music" (Degmečić et al., 2005). Music is a part of a man and can be characteristic of certain sub cultural groups recognizable by the type of music they are listening rock, punk, techno or heavy metal (Perasović, 2001; Reininger and Afrić, 2010). Previous researches associated to music influence on a man indicated that a certain type of music in Anna Savan's research, are beneficial to the behavior of children with emotional disorders, in a way that after listening to Mozart's music children's behavior and concentration significantly improved. The assumption is that the music positively affected secretion of endorphins and reduced the secretion of adrenaline. Also, the scientists agreed that exercise to a certain music increases motivation and the level of satisfaction (<http://www.zamp.hr/moc/aspekti.htm>). Physicist and neurobiologist Gordon Shaw explored the phenomenon of Mozart's music confirming its influence on some brain areas.

Johan Huges found that Mozart's music, tone volume alternates in two periods of exactly 30 seconds, equal to basic pattern of human brain waves. This synchronizes the left and right halves of the brain and it is relaxing, improves concentration and the experience of happiness. It seems that Mozart's musical peaces enable and influence clearer expressing and stimulate brain areas responsible for creativity (Vlainić, 2008). In Jasmina Zagrajski's book the thought of creator of rhythmic and musicologist Emil Jaquesa-Dalcrozea was extracted according which the rhythm is the music element we feel the first, and causes spontaneous physical reaction – body movement. Entire life presents the rhythm which with its stream creates non divisible entity (Đurinović, 2010). Music can affect body with numerous desired effects which occur by direct acting at endorphin hormone that significantly influences the mood and immunity. Music can be preventive and can cure stress. Stress has elements that may disrupt functioning, rhythmic functioning of the body, and the effect of music may seem to establish the proper rhythmic work function of the brain and thereby ensure the balanced functioning of the body.

Dancing as a motive for exercise

Nonverbal communication includes more than 70% of communication, which includes tone of voice, repetition, texture, sounds, breathing, gestures, facial expressions, muscle tension, stated dancing therapist (*interview with Penelope Ann Best*), who emphasized significance of dance as the inexhaustible source of creativity. Dancing provides a personal expression of thoughts and feelings that grows in awareness of their own bodies, linking diverse movements with emotions (Cvjetičanin, 2010). Dance is a vital way of expressing global person's experience, manifestation of expressing inner characteristics and dimensions of human nature. Unifying mental and physical potential, dancing positively impacts mental health and psychological development.

Rejecting rigid rules of classical ballet technique, modern dancing era begun with accent on enjoying dancing which conveniently acted as a reward to body expressions and music itself which follows spontaneous movements of the body. These forms have a therapeutic effect on the reduction or elimination of depression and reduction of various mental disorders (Monaco, 2010). The first application of dance on scientific basis as a therapy was conducted in USA and was the result of integrated experience in ballet studios and psychoanalysis, primarily related to a young population (Chodorow, 1998). Especially is emphasized analytical and methodical Maria Fux's approach to dancing in practice based on creative dancing with the aim of transforming into spontaneous, individual form which brings positive results on psychological and physical health of participants. Many applications of dancing methods with music have positive impacts.

Depending on goals they can affect the physical, emotional, mental, social and other aspects. Cognitive space, cognitive characteristics responsible for the behavior can be improved with dance (Srhoj and Miletić, 2000). Emotional area can be improved with positive aspects of dancing which can reduce feelings like sadness, fears and phobias and affirmative approach increases self confidence. Dancing enables better socialization, and in psychomotor sense it improves many motor functions especially (Monaco, 2010). Free dancing as kinesiology activity contrasts determined frames and forms and thus it is difficult to precisely follow the effects. Even if it's full of different movement forms it mostly express artistic domain. However, the dynamic movements in a particular rhythm have kinesiology value since they extremely associate psychophysical potentials that can be assessed with tests on qualitative and quantitative level.

Dancing and music - preferred form of recreation for women

Analyzing previous researches has reported low interest of females to regularly exercise through standard recreational programs. We consider that founded allegations such as both dance and music can have a motivating effect on the female population towards regular physical activity. This can be extremely important in creating strategy that relates to the inclusion of a greater number of women in regular physical exercise programs. The combination of interest in dance and music as an incentive for participation in programs, and a highly motivating factor during exercise, shows the direction to be developed.

With appropriate dancing and appropriate music it is possible, through participant's pleasure, act on anthropological status, improving and transforming it in the desired direction. Important role in creation of recreational program with music has kinesiologist. Leader who, except technical part which refers to possibility of creating various choreographies, should have sensibility for music and dancing as well as for participants who need to be progressively implemented in program. Male population, in this case, was unfairly forgotten and men obviously, because of social and cultural influence, do not show interest in these forms of recreation. Even in the age of early childhood are not reported, or explored differences in dance acceptance regarding gender (Cimerman and Cetinić, 2010). Many researches indicate that in male population dominates interest in team sports, fitness and eventually different forms of Martial art (Čurković, 2010). In male population in relation to female more present are so called adrenaline type of activities (Gošnik, Sedar and Bunjevac, 2007). According to researches we could say that dancing is appealing as a dominant content for the female population which should be researched from kinesiology point of view and applied more often in regular recreation programs.

Table 1. Possibilities of dancing and music acting on anthropological characteristics

DANCING AND MUSIC EFFECTS	IN CHILDREN	IN ADULTS
	<p>Encourages: proper growth and development; motor skills development (flexibility, coordination, muscle strength, agility, dexterity, accuracy, speed etc.); development of functional capacity of the cardiovascular and respiratory systems; socialization; concentration and attention; positive emotions; sense of aesthetic and beautiful; creativity, self actualization.</p> <p>Preventive effect on: obesity, poor posture; mental disorders (anxiety, depression); aggressiveness, antisocial behavior.</p>	<p>Encourages: Improving body functions Motor skills development and preservation (flexibility, coordination, muscle strength, dexterity, rhythm, balance etc.); development of functional capacity of the cardiovascular and respiratory systems; shaping body; creativity and self realization; socialization; concentration and attention; relaxation; positive emotions; sense of aesthetic and beautiful.</p> <p>Preventive effect on: obesity, diabetes type II osteoporosis, depression cardiovascular diseases sleep disorder, stress</p>

Applying appropriate forms in dancing and music can favorably influence anthropological status of children in developing (Stellino and Sinclair, 2008). With adults, besides improvement in general psychophysical status, it is possible to reflect high level of skills during entire life. Besides directly visible skill characteristics that can transform positively, important aspect of positive acting relates to the set of emotional and physiological components.

Depending on techniques and program goals, the choreography itself offers freedom for creativity of instructors and performers to coordinate their personal skills according to theme - default. Choreography presents internal circuit of actions which is unique entity that, through harmony of actions, coordinates body, psyche, emotion and spirit (Enghauser, 2007). Recreational aspect of various dance forms application can completely satisfy basic kinesiology principles. One of the essential factors, that benefit development and appliance of dancing and music recreation, is a high level of motivation of the female population for such contents. Recreation with dancing can include all essential elements of scientifically founded methods in implementing related to class structure, size and intensity of the load and the frequency of practicing (Kimmerle, 2001).

Substantially and accordingly to the tempo it is possible to adjust the level of the load to skills of any population. Dancing and music are able to constantly and favorably act on qualitative selection of leisure time, disengaging with movement, body, emotional and psychological tensions and with music acting on mental, emotional and creative inspiration. Advisable satisfaction, expressed in aspirations of respondents among Croatian female population, as well as in kinesiological pretensions to offer acceptable recreation content, is possible to connect through dancing and music.

Conclusion

Dancing and music as regular recreation is insufficiently implemented in practice. Many researches in recent years indicate that dance, as a form of recreation, is at the top of the interest of the female population. Generally it was also revealed, that interest of women to regular forms of recreation such as fitness, aerobics etc. is dropping. Regarding this fact appears more health disturbances which manifest a lack of general energy, immunity and vitality due to reduced mental and physical abilities. The reason the interest in dancing is more prominent than interest in other contents, lies in greater freedom of movement and music that has a stimulating effect and it seems they are a natural part of every woman. Extreme stress which disintegrates body functions in psychical and functional terms can be adjusted and mitigated through activities that are harmonious, rhythmic and free and dancing is at the very top of these activities. Choice of music can be relaxing and motivating effect on brain waves encouraging their harmonious functioning.

Secretion of endorphins creates a pleasant feeling and reduction of adrenaline, with other metabolites, threatens immunity and health and both improves the overall vitality and immunity. It seems this is a strong attractive factor based on the fact that the music and dancing will contribute to lowering tensions and create conditions for the satisfaction of participants. Just the experience is acting affirmatively and seminally on permanent engagement in activities which acquires a habit and this is exactly what we need in kinesiology reaction. Therefore it's necessary to create various structures of dancing and music for different population groups in relation to age, needs and opportunities. Kinesiology science should pay more attention to dance and music in order to explore the effects and the creations of optimum programs for the citizens.

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KINEZIOLOŠKA REKREACIJA PLESOM I GLAZBOM

Sažetak

Ples i glazba nedovoljno su zastupljeni u kineziološkoj praksi. Brojna istraživanja posljednjih desetljeća u Hrvatskoj, pokazuju interes ženske populacije za sadržajima plesa kao oblika rekreacije. Nedovoljna zastupljenost programa plesa za potrebe rekreacije ukazuje na permanentno opadanje broja sudionika u rekreacijskim programima. Ples i glazba moćni su sadržaji kojima je moguće motivirati veliki broj sudionika za redovitim vježbanjem. Iskazane potrebe i aktualne smetnje vezane uz zdravstveni status ispitanica ukazuju nam velike mogućnosti plesa kao korektora i kompenzatora efekata stresa i brojnih posljedica suvremenog načina života. Iako se u svijetu prate beneficije plesa i glazbe na antropološki status te njihov transformacijski utjecaj, u Hrvatskoj je ples neopravdano zanemaren, posebno sa kineziološkog gledišta. Smatramo da bi ples i glazbu trebalo značajnije uvrstiti u kineziološku znanost i praksu, kako bi se formirali standardi njihova korištenja za različite svrhe.

Ključne riječi: kineziologija, ples i glazba, rekreacija, žene

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