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DANCE AS THERAPY**Summary**

This work clearly indicates some features of dance and previous positive results of research from the viewpoint of application and impact of dance in the therapeutic values purposes. He should let us point out the many benefits of dance that has existed since the beginning of humanity, where the first egzistencionalnih features found wide application in the social spectrum of different options. Therefore, this paper aims to point out that dancing next to their transformation capabilities such as the development of artistic experience, the formation of numerous social and educational values, contributes to the development of motor and functional abilities, provides a sense of freedom, but certainly contributes to the establishment and maintenance of human health. I hope that this work successfully point out the many benefits of dance therapy, where the dance movements are used for emotional, behavioral, cognitive, social and physical problems. Dance therapy and is based on the fact that emotions through dance and movement directly linked. The ultimate goal of this therapy is to find a healthy balance of mind and body.

Key words: *dance, therapy, health*

1. INTRODUCTION

Dance as determined Anthro activity has a significant place in different areas of life and work of children and adults. Because of their content and their application to study dance in the theory and practice of sport, recreation and physical education.

"A fundamental element of the means of dance movement and motion. Dance can be defined as a form of musical experience that is determined through rhythmic movements and movements contributes to the artistic expression of the spiritual condition of man. In dance man expresses his body in motion and movements that spatially and temporally dynamically formed." (Kostic, R., 2001, p.5).

Movement is our first form of communication, and dancing is a great way to re-communicate that way. Movement can express what words can not. Throughout the whole human history of dance remained the most immediate feast of mind and body. In all epochs of civilization was given to him is of great importance and was an integral element in the life of all people, regardless of their level of development of civilization.

Dance has a very important role in modern life because it can contribute to desirable changes and improvement in all segments of motor skills, but also the positive impact that is visible in the socialization and emotional sense.

In the 21st century the whole world is turning recreation as well as the need to improve their health. Physical exercise, and therefore the dance as a form of physical exercise are crucial in achieving and maintaining the health of each person. Being healthy is the greatest wealth, that while we have not often we appreciate enough. Health should be regarded not only as the absence of disease, but as the ability to adequately respond to the many challenges of everyday life through physical, psychological and social dimensions. This kind of thinking that health is the most important part of quality of life made me more and more people of different ages and sex engaged in some kind of sports and recreational exercise. Therefore, dance can be an important place of recreation for its character and action. Outdoor recreation can be social dances, entertainment and popular dances, folk dances, dance and music games, the forms of modern dance and others. Special emphasis should be called. "Aerobic dance," which consists of a series of dance steps and dance moves of different types of dance performed to the music of a particular pace with the aim of developing aerobic cardiovascular endurance and muscular endurance (R. Kostić, 1999).

In the treatment of movement and the movement of dance is used as a prophylactic agent or an agent in a particular treatment. Given that there are different types of dances that are performed with different music, everyone can be an important tool in the treatment of many diseases (Minkov, P., 1963). The emphasis in treatment is directed toward the nerve-psychic sensitivity, through which can influence the physical hypersensitivity.

2. APPLICATION AND EFFECT OF DANCE

The dance has a positive impact on many things. Significant impact on strengthening health and the formation of numerous social values, a sense of freedom, contributes to the development of artistic experience, has a number of educational value in the formation of new habits and motor movement and so enriched the culture of man. Dance is an activity that connects the arts and sport, education, contributes to the artistic, musical and aesthetic upgrades and positive effect on motor development. Dance of its various facilities contributes to a good mood, stimulate or soothe emotions (L. Poredos).

The educational institutions have an educational dance, educational and aesthetic function, while in the recreation dance holds a special place because of its nature and effects on emotions, primarily, as well as because of its application does not require special clothing, space, equipment and more.

Dance from year to year is becoming an increasingly popular form of recreation. Dancing itself extend lifespan, slowing down the aging process and improve their mental health. During the dance, sweating through the skin and exhaled through the lungs, removing harmful substances from the body. Some research has shown that people who regularly dance on average less incidence of malignant disease, live seven years longer, are more confident and optimistic, have stronger bones, posture, and sleep better. Regardless of age and physique, dance is demanding just as much as a dancer I decide.

Experts are measured to be consumed during the dance from 8 to 12 calories per minute, which means that for half an hour the body burn 200 to 500 calories, while during a dance course can lose up to 1,000 calories.

Certain types of dances affect certain aspects of life. For example, modern and folk dances achieve unity and are important for socialization. Modern dances affect the development and maintenance of certain motor skills, such as speed, strength and endurance, while sensual dances provoke emotion, passion and give security to their gender identity, and others. When the medium of such therapies are administered for example. Dances at a faster pace, then more intense effect on the cardiovascular and respiratory system performance with emotional relief.

Dancing in the Kinesis used as a prophylactic agent and can be an important tool in the treatment of many diseases.

In sports dance can be a primary or supplementary tool in the preparation of athletes. In what way will be used in the preparation will depend on the type of sport specific training, gender, age, preparedness sportsmen and others. In sports that are performed on an artistic level and which are implemented with the music (figure skating, rhythmic gymnastics, sports aerobics, sports gymnastics, etc.) Dance is used as an essential tool. Application of dance is recommended in the preparation period training process in sports whose performance is essential capability for rhythm (martial arts, athletics and sports games). For different sports, dancing can be applied within the aerobic program.

Given that dance acts on the emotional burden, refreshes acting on CNS excitation and inhibition is given that is a good means of active rest, the use of dance as an additional means are recommended to prepare all the athletes.

3. DANCE THERAPY

Application of dance as targeted therapies is little known in the literature. The therapy uses dance moves for the emotional, cognitive, social, behavioral and physical problems. It was established on the basis of the fact that the movements and emotions are directly connected making the healthy balance of mind and body.

How often reside in their own body and energy? The body in everyday life we use as an external object for purposes that we have imposed on him. Let us remember it is only when something hurts us. Even if we cherish the cult of bodily beauty, clothes in expensive clothes or even operate, dissatisfied with their proporcijma, treat the body as a thing, not as a part of our being.

Dancing through spontaneous improvisation movement is the most direct way to feel unity with their own body and experience it as a temple of the soul, which is a pleasant stay. In the free dance, so we leave for a moment the critics (who may assess our body as insufficiently nice, slim, healthy, strong, perfectly ...), to be left to the energy waves with the help of rhythm and music and learn to give up control and let the whole of our being free to express himself.

Dance therapy is a way of return to your roots, ritual dance, which connects us with the rhythms of nature. It teaches us to be a better way with their emotions, thoughts, desires, as well as with other people and to discover in it the resources to cope with everyday stress. Movement, music, sound vibration, rhythm, space, expression, contact, breathing, bodily sensations, altered states of consciousness are different channels through which dance can dijelovati therapeutic values.

The first records of dance as a form of therapy dating back to the 19th century. As a form of therapy is recognized only in 1940. Dance therapy begins first in Germany and America,

and is inspired by the various schools of psychotherapy (psychoanalysis, Jungian analysis, humanistic and transpersonal therapies, more recently systemic approaches).

In England, diagnosis and treatment of movement developed on the principle of dance set by Rudolf Laban. For England, we can say that one of the countries in which it can acquire higher education in relation to therapy and dance.

Over the years, dance therapy is more advanced, but the main principles of therapy remains the same. It consists of four main phases:

1. Preparation - warming the body
2. Incubation - relaxation, application of symbolic movement
3. Enlightenment - the dance begins to act, can have positive as well as negative effects
4. Evaluation - the debate about the quality of treatment, preparation for further treatment

Dance therapy can be used to treat severe disorders and diseases. Although she was the most successful to reduce stress, proved to be excellent with disability, illness, such as autism, acceptance of disability, mental retardation, deafness and hearing loss, blindness, eating disorders, Parkinson's disease and getting pregnant. Intervals, eg when autism therapists dancing connect the mind and body and make it possible to develop cognitive skills and a sense of acceptance, while in mental retardation dance improves the patient's body image, develop social skills and motor skills, especially coordination and encourages communication. In pregnant women dance is used for relaxation, reduction of anxiety, learning breathing techniques, as well as for the construction of confidence. When Deaf dance reducing feelings of isolation and encourage interaction with others, while at the Blind and Visually Impaired dancing improves body image and leads to of improvement of motor skills. Elderly people dancing provides social interaction, relieves the fear of isolation and loneliness. In people suffering from Parkinson's disease dance can reduce physical dysfunction and improve the level of motor skills (balance), and increase the use of limbs.

We all know that physical activity improves mood. During physical activities, including dance, secreted serotonin and noradrenaline. You produce proteins in the brain that stimulate the growth of new neurons and growth of brain cells, which facilitates our thinking and concentration. Physical activity leads to the secretion of endorphins in the brain, resulting in a good mood, satisfaction and a high tolerance for pain.

According Milinkov dance is used as a prophylactic agent or an agent in a particular treatment. All dances can be an important tool in the treatment of many diseases. The emphasis in treatment is directed toward the nerve-psychic sensitivity, through which can influence the physical hypersensitivity. One study found that people with anxiety disorders, which are applied to dance, to a large extent reduce the feeling of anxiety.

Dance therapy helps a man to express feelings and thoughts, as much as he had thought impossible. The dancing body sends messages mind that winning a variety of emotions, feelings and thoughts. Dancing can be a beneficial healing, since it creates a sense of comfort and happiness, and improves the general condition of the body. Age, talent and dance skills are essential in dance therapy. The most important thing is to create a sense of comfort with the man and get him to surrender to the music and dance moves, so draw your own repressed feelings and thoughts out.

In the treatment of mental illness music and dance are an indispensable tool for emotional effects caused by hearing and moving in with her. Therapies using the music and dance elements proved to be very successful in the treatment of neurotic patients in inpatient.

The dance has a dual role in contemporary psychotherapy. Applied with apathetic and depressed patients, as well as in aggressive. The main goal of therapy is to build self-esteem dancing. Dance therapy is based on the relationship between physical movement and emotional fear and because in this therapy uses dance movements, namely techniques that improve mental function. Movement is the primary medium that the therapist uses observation, assessment, research, therapeutic interaction and intervention. That is why I emphasize that dance therapy can be a powerful tool in the fight against stress and prevention of mental, physical and health problems.

In addition to the application of exercise and dance therapy in healthy individuals with some anomalies in the emotional sphere, dance therapy can be applied and the handicapped, especially children. Dance movements allow, these people, their self-expression, self-confidence, relaxation, developing communication, socialization and others.

Journal of Cancer Nursing Practice in 2005 published a study that showed that survivors of cancer after treatment dancing with duration of 12 weeks, significantly improved self-esteem and image of your body. Since the dance therapy, patients get a chance to practice, in this way reduces muscle tension and improves the function s system in the body which has a positive effect on physical and mental health.

Education for dance psihotarapeute the various caps organized in the world. Sometime later studied at the graduate and undergraduate studies (US, UK), while somewhere conducted in private institutions where dance therapists joining the association dance therapist and an association of psychotherapists (Germany, Poland).

In the treatment of dancing people learn to cope with their problems and feelings (mental or physical pain). Dr. med. Petar Radakovic points out that dance therapy is based on the principle that an individual model reflects the movement of thought and feeling, while supporting the patient's movement therapist encourages the development and integration of new movements, together with the emotions that accompany these changes.

The emotional burden, distracting people from its actual disease, which improves the result of the therapy. Because of the emotional effects of music and dance are an indispensable tool in the treatment of mental illness. Dancing in addition to acting on the psyche of the individual, acting on its functional and motor skills. Dance influence on improving the functional abilities of people, namely the basic functions of the system in the body (locomotor, respiratory, cardiovascular, digestive, nervous and endocrine systems). Regarding motor abilities dance influence the mobility of the joints of the whole body coordination bodies in general, and in particular the coordination of arms and legs, as well as coordination in rhythm, speed, strength and overall endurance.

4. CONCLUSION

From all the above we can conclude that dance reduces anxiety and depressed mood, affect intellectual, motor and general functional capabilities on strengthening health and the formation of numerous social quality. Also, we recognize that the dance is very important for the development of social, national and cultural identity. Dance movements allow self-expression, communication, trust in yourself, relaxation, developing socialized habits and others. Dance can be healing and beneficial, because it creates a sense of comfort and happiness, and thus improves the general condition of the body. Talent and dancing skills are essential in dance therapy, or age.

Dance because of its integrated impact significantly contributes to mental equilibrium and motor capabilities, and its various facilities contributes to a good mood, stimulates and soothes the emotions, and music as an additional incentive for contributing to creative activities.

So dance facilities are applied in educational institutions, in dance clubs and cultural clubs, recreation, in kinesitherapy, as well as sports activities. But what should emphasize the favorable influence of dances in therapy both in healthy people with some anomalies in the emotional sphere, and the handicapped, as well as for the treatment of serious disorders and diseases. Dance can be used as a prophylactic agent or an agent in a particular treatment.

That in a healthy body needs a healthy spirit, saith the famous Latin proverb. From this it follows that the health of every man needed physical activity, where it is considered that the dance is an ideal and efficient way to become a man and stay healthy.

Considering dancing human need, which is manifested by a tendency to experience pleasure, pleasure and happiness, the pursuit of spontaneous activity and freedom, is considered to be useful for therapeutic purposes. If you can dance through dance therapy to help humanity then you will have a complete sense, especially now in this time in which we live. The time in which we live is filled with stress, problems, concerns, and often with less sleep. Regardless of those who think they have "two left feet" or that they have no sense of rhythm or something else, it should be borne in mind that in each of us "squatting" one dancer. Dance and meet body and soul!

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