

Research Article

Dance Therapy for Generation Y Adolescents

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Abstract

In the purpose of this article, the author would like to demonstrate principles of the dance of incorporating dance into medical practice which is widely discussed in Thai society and worldwide as "dance therapy". It is a branch of studies in rescue and care, using physical movements to promote and develop the interconnection of body and mind. It also exhibits another characteristic to support self-understanding that arises from a reflective perspective through the process of feeling expression shaped to behavior. It is to connect the physical and mental principles by adopting a body movement matter to emphasize building a relationship between physical and mental health which is the origin of the mechanism occurring in the body relationship that is expressed through feelings and emotions. With the principle of movement therapy by the principal combination of dance and modification of thought and behavior, it is to support and assist Generation Y adolescents, who suffer anxiety, stress, and depression, to have well-being lives in society.

Keywords: Dance Therapy, Generation Y Adolescents

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Received: 6 June 2022,

Revised: 10 February 2023,

Accepted: 20 May 2023

Introduction

In the current situation, world changes, as well as advancements in information and communication technology have an impact on the economic and social systems, including the future world, which is exciting, interesting, and full of opportunities. At the same time, it is full of volatility, uncertainty, complexity, and ambiguity, explicating that the future individual life must adapt more quickly and fulfill essential skills to meet the needs of the country's development. From the mainstream of the modern world to an economic and social phenomenon called VUCA World, it means that the rapid world change has an impact on social, political, and economic conditions that people are familiar with by affecting the connection with emotions, thoughts, and lifestyles of people in society. This change can be regarded as the emergence of disruption, which means that what we earlier understood and were familiar with will change rapidly into complex and unpredictable. Among world fluctuation, many businesses and careers are lost and reborn, causing unemployment, new skills practice, and social reorganization (Rangapthuk, 2020). Rapid changes in every aspect affect the lives, characteristics, and behaviors of people born in the same era called Generation. Various mechanisms cause disappearance and rapid rebirth with some process substitution for quick responses and comfort, deteriorating human potential.

The world is taking steps toward a knowledge society that use knowledge for living, working, and competition. Rapid change makes Generation Y people become struggling and estranged due to both in terms of socio-economic recession and various pandemics; people struggle and fight against emotional pain. In the end, lifestyle has a greater negative impact. Therefore, it is impossible to dispute that the number of people suffering from psychological trauma has increased greatly, and the science of care and rescue has continued to develop. In one of their studies, out that depressive episodes can last for months and cause failure in school performance, weakness in family and peer relations and even the suicide in case of not diagnosing depression early and not applying effective treatments. report that the basic problem areas related to depression are the lack of social competence and self-control, cognitive decay or absence, and learned helplessness. has pointed that the death of one of the parents and their divorcing are among the basic life events related to depression and domestic hostility and conflict are the most common factors related to development of depression.

Dance therapy can be defined as a branch of studies that integrates dance principles with therapeutic principles through a variety of mechanisms that can drive an integrated approach to gain maximum benefit in terms of healing and therapy. Schnitt & Schnitt indicate that dance may significantly change an individual's mood and stimulate strong feeling states. Classes in dance have been indicated to improve a sense of psychological well-being, decreasing anxiety and depression, enhancing the subjects' self-perceptions of creativity, motivation, relaxation, health, intelligence, confidence, and energy. Besides, the students taking dance classes not only felt better about themselves than a similar group who took an academic course, they also felt better about themselves than students who participated in active sports. Dance is a performance expressing qualities that navigate the aesthetic; it is a branch of studies involving physical and mental healing and rescues. It also denotes the characteristics that promote self-understanding, self-reflection, and interconnecting physical and mental principles by adopting a body movement matter to emphasize the building of the relationship with feeling and emotion because these elements are shaped as behavior. Therefore, changing behavioral habits will improve better health. With the continuous process of kinetic science combined with the use of space and body energy as a therapeutic tool to create self-awareness and feeling expression that cannot be conveyed as utterance to positive self-development, dance therapy is a branch of movement studies that can develop the mental or physical state in a good direction.

From the situation of gen Y's struggles for existence, they have to suffer the global issue and fight for survival, causing regression of feeling. At the same time, for care and assistance, it cannot dispute that dance, as a branch of studies, has competency in the interconnection between physical and mental conditions for making self-awakening and self-consciousness.

Thus, it is evident that dancing arts have many dimensions. in terms of physical meaning Dance allows us to express our inner energy.² Whereas practicing body language is just an opportunity for the individual to talk to his subconscious mind. This oversimplification makes it a powerful communication tool.

These processes can heal recession and increase life skills that make human groups survive the negative crises of life by knowing and understanding the methods of dance therapy, to promote mental health through body movement in accordance with principles and lifestyle factors of quality living.

What is dance therapy?

Lindner (1979) defines dance therapy as the use of choreography or free movement without preparation, coordinating with rhythm. The relationship between space utilization and the body is a fundamental factor in therapy. Dance or movement therapy consists of the following elements: the amount of energy, movement patterns, speediness, and space, to build self-understanding in each person's personality, which leads to expression and socialization.

Dance therapy is the use of body postures and movements as emotional clues for individuals to convey feelings through gestures rather than words (Wanwichai, 2010)

Dance therapy is the application of the concepts of independent bodily movement in relation to emotion and the surrounding space for creating self-perception to assist a person in expressing feelings that cannot be conveyed verbally. It is critical to promote a positive self-image and self-esteem, minimize stress, anxiety, and sadness, and eliminate isolation, chronic sickness, and spasticity (Wanwichai, 2010).

According to Chace, dance is a form of communication that fulfills basic human needs. Chace believes that everyone desires to communicate, so a therapy approach must be developed to assist people who receive treatment. Chace created a unique identity to comprehend dance therapy, particularly the application of continuous nonverbal language, which is a form of group expression in which each group uses rhythmic movements of the body to create an organized or clear power and dancing for unity (Wanwichai, 2010)

Ranker (2016) mentions that independent bodily movement can reduce depression symptoms. Body movement will make self-perception correlated to space utilization and group activities. Symbolic expression coupled with movement to convey various meanings, regulation of emotions and feelings through movement, emotional integration, and utilization of reflection process inside and outside will produce good quality for movement and have a positive impact on people suffering from depression (Ranker, 2016).

Asmita Vilas Balgaonkar (2016) states that physical movement creates a good environment for cognitive development. At the same time, dance is a universal communication and expression similar to utterance. Dance or movement therapy can promote emotional conditions, social cognition, and behavior-body. Dance therapy strengthens the interconnection of mind and body through movement for mental and physical well-being. Dance therapy is a branch of science studying the integration of dance principles and therapy practice (Rittibul et al., 2016).

Dance therapy is the therapeutic use of dance that express in forms the use and control of the body in motion. The primary purpose of this therapy is to promote emotional, mental, and physical performance through the psychotherapeutic use of movement, which is equivalent to the treatment approaches of music therapy, art therapy, and other types of performance. The therapy is focused on the notion of independent healing (self-healing) in a secure atmosphere, and it encourages creativity and self-expression not only from deep emotions or sensations but also from feelings that are difficult to express verbally. It is an effective way to maintain the connection between body and mind (Pienseethong et al., 2018).

Dance therapy is frequently used to help people who are suffering from mental health issues such as anxiety, depression, relationship troubles, and chronic pain. It can also support patients with schizophrenia, depression, bipolar disorder, eating disorders, alcoholism, and drug addiction. Dance treatment is also useful for children suffering from Attention Deficit Hyperactivity Disorder (ADHD), cognitive impairments, behavioral and emotional disorders, Autistic Spectrum Disorder (ASD), and blind and deaf children (Wanwichai, 2010)

According to relevant research from both domestic and international fields, researchers and scholars are interested in health and improving quality of life by using dance therapy to explore the relationship between physical movement, emotions, and feelings to treat people with disabilities in various fields. When dance therapy is used on people who prefer to be treated, it leads to improved bodily and mental health, as well as a higher quality of life (Rodsard et al., 2020).

Cognitive-behavioral change process

Beck introduces the concept of cognitive-behavioral therapy. It is a sort of psychotherapy that involves changing cognitions and behaviors to reduce and resolve emotional, behavioral, and physiological problems based on the belief that stimuli do not directly influence mood, behavior, and physiology but must pass through an individual thought process based on the person's upbringing and previous life experiences. Understanding

the basic concepts of therapy and counseling by modifying cognitions and behaviors requires understanding the concept of the interconnection between thoughts, behavior, emotions, and physiology, which Beck describes in 3 models as follows:

Model 1 Simple or common sense concept. Situations are linked to emotions. Nevertheless, this explanation found that in the same situation occurred individual differences in mood creation. Even in individuals with the same emotions from the same situation, there were also differences in the level of emotion, indicating that the emotional development was not only caused by an event but another one also occurred later, namely cognitions that lead a person to experience various emotions in diverse contexts.

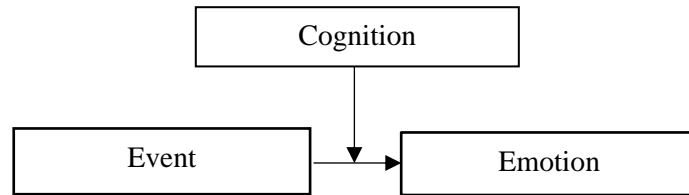


Figure 1 Model of common sense
source: Beck, 2011

Model 2 Concept of the relationship of cognition, behavior, emotion, and physiology. Beck argues that cognition, emotion, behavior, and physiology are correlated. If any element changes, it will also affect the modification of other elements.

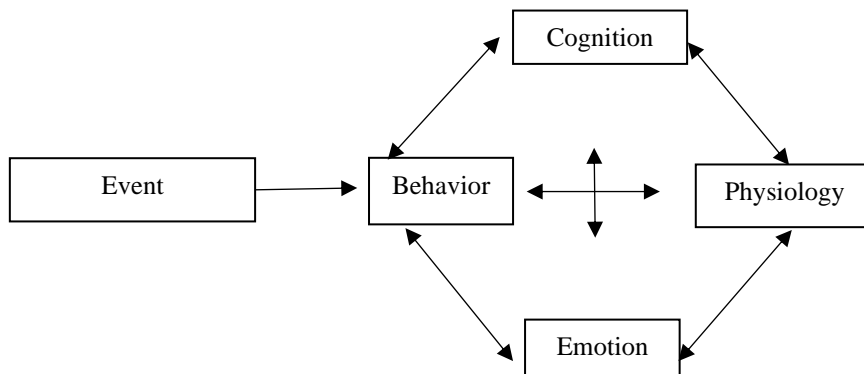


Figure 2 Concept of the relationship between cognition, behavior, emotion, and physiology
source: Beck, 2011

Model 3 Beck's cognitive concept. Beck proposes that cognition, behavior, emotion, and physiology emerge from negative automatic thoughts about oneself, the future, and the environment. Automatic thought arises from the individual's perception, interpretation, and analysis of situations or stimuli. Automatic thought is activated by two common beliefs: (1) core belief, which is derived from upbringing and background during childhood, and (2) intermediate belief or individual conditional rules, which is formed from a deep underlying idea that their long-term cognition is correct. A person's emotions, behavior, and physiology can all modify if they can think differently.

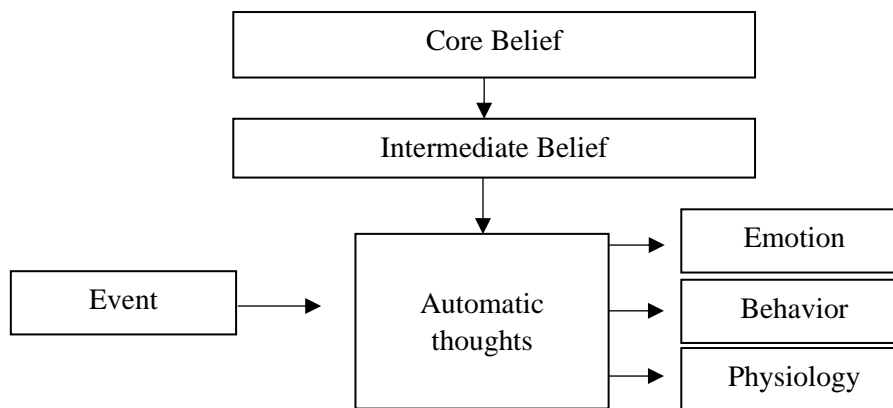


Figure 3 The relationship between core belief, intermediate belief, behavior, emotion, and physiology.
source: Beck, 2011

Cognitive-behavioral therapy is used to treat patients suffering from various groups of diseases such as psychiatric disorders and depression. Adjustment of core belief, intermediate belief, and automatic thought results in a change in cognition and behavior that leads to a better way.

Generation

Generations are studied by many people, especially in the field of social science, which studies behaviors, society, and living ideas. Even in marketing, they are also interested in it. Due to various behaviors that clearly affect consumption, understanding the behavioral characteristics of people in different generations is important. People of various ages have different thoughts and behaviors because of social conditions at the time. It is the factor that shapes thoughts and influences behavior. Likewise, the behavior of receiving news through various media of each generation is different. Understanding and learning people in each generation will help us choose the media that meets the target groups and desired outcomes. A generation (1978 - 1997) in Thailand is a person who was born and grown during a period of social prosperity. It is the beginning of the democratic era, and the country continues to develop in industry while remaining open to foreign civilizations.

Generation Y or Gen Y, this generation is particularly familiar because today's generation is Gen Y or new generation. Gen Y people were born during 1981 - 2000, which is the period of technological evolution. In the past, computers cost 50,000 - 60,000 baht per device. Whoever had a computer at the time was wealthy and well-off. Over time there are more technologies which make the price decrease as well as electronic devices such as mobile phones, smartphones, LCD TVs, iPads, games, etc. Thus, Gen Y people are born into a modern period that is equipped with IT equipment and the internet to easily and quickly access various forms of information. Generation Y people have the ability to use technology for working and communicating because they were born in the midst of all this technology. At the same time, Gen Y people place less emphasis on their surroundings than they do on the cyber world. Furthermore, the characters in this group are impatient and self-confident. They have their own ideas, enjoy challenges, and dislike coercion. They will be dissatisfied if they meet with parents or adults who are likely to coerce or do not understand them. They have different values from older generations in lifestyle and work. Generation Y consumes news through new media, trust traditional media. This group frequently consumes news through social media, followed by websites or news apps, newspapers, and radio, respectively. Despite receiving a lot of information from new media, they trust television and newspapers more than new media. However, they tend to be more trusting of new media. Informal news agencies are the most popular online news sources among Generation Y. They always get information from close friends and family members before official news agencies. People in generation Y consumed news that was 57.2% entertainment news, 51.6% event news, and 37.2% sports news, while 53.7% thought the news they received in new media covered a wide range of political and social issues.

Applying Drama to Generation Y

Movement is a form of communication and a tool for building relationships and trust. It is also a tool for self-understanding and understanding others. There are free movement patterns, nonverbal communication through movements, facial expressions, emotions, environments, instincts, and real expressions at that moment (Ranker, 2016). It was divided into 3 steps. The first step is to prepare activities for the participants. The second step is that the process involves building relationships and expressing feelings and emotions by applying the principle of motion. Movement is associated with emotions and feelings, and it is a form of expression used to connect relationships. This is the process that was previously used as guidelines for problem solving or reducing depression, anxiety, and stress. The final step is to learn and recognize what is happening while performing all of the activities in the process. Dance therapy with self-perception of the physical condition and the modification of cognitive and behavioral influences on the feelings that can be controlled by the relaxing process. People in Generation Y live in a competitive society, so high stress can lead to stress, anxiety, or depression. Dance therapy will help them because dance therapy combined with adjustment of thinking and behavior will be able to heal their life for good health. Moreover dance therapy is also a tool to promote human relationships. It can aid and improve humans' health.

Conclusions

Dance therapy, which is produced by body movement reflecting through the mind process, can aid and heal physical and mental health conditions to fulfill the quality of living. Dance therapy in humans will be used to assist and heal. As a consequence, it is beneficial to promote dance therapy in Generation Y adolescents. The therapist will instruct individually on muscle relaxation training, as well the perception of mental health impact through muscles. Patients can express more internal feelings through body movement and music rather than utterances. In the early stages of therapy, movements may be interpreted, discussed, or defined for counseling. The therapist must also participate in the activities in accordance with the pattern established by the people receiving therapy. The therapist will begin to learn problem solving skills and will attempt to coordinate the perception that emerges with subsequent movements. For patients who suffer from severe psychotic symptoms or physical disabilities, the therapist must be a special expertise in choreography or movements to build relationships with patients without speech to promote relationship building among group of people.

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