

**A Preliminary Evaluation of the
Curative Effects of Different
Dance Forms**

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A Preliminary Evaluation of the Curative Effects of Different Dance Forms

Agenda
8/6/98

- **Discussion: What dance means to you?**
- **Role of dance in traditional societies**
- **Analysis of curative factors present in dance**
- **Comparison of different dance forms**
- **Discussion: What kinds of dances are needed to facilitate health & healing
in African American communities?**

Research Question

Identify different forms of dance with which you have had experience and indicate what each form evoked, tapped, or developed in you?





Cognitive Effects of Dance Form

- Stimulated Creativity
- Enhanced Awareness/Knowledge
- Vocabulary Development
- Memory Development
- Understanding of Self
- Style & Approach to Thinking

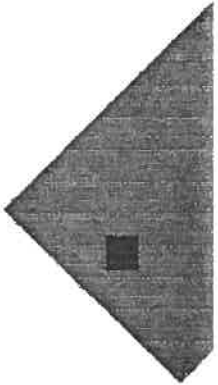




Affective Response to Dance

- Positive Responses
- Negative Responses
- Neutral Responses





Dance Form Effects

- Use of Energy
- Physical Outcomes
- Quality of Movement





Dance Form Effects on Self-Perception

- **Self-Worth**
- **Skill Development**
- **Character Development**
- **Behavioral Changes**





Spiritual Effects of Dance Form

- Sense of Connectedness
- Sense of Transcendence

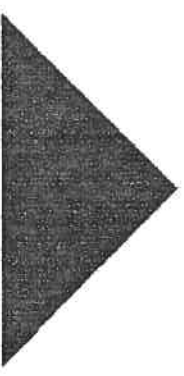




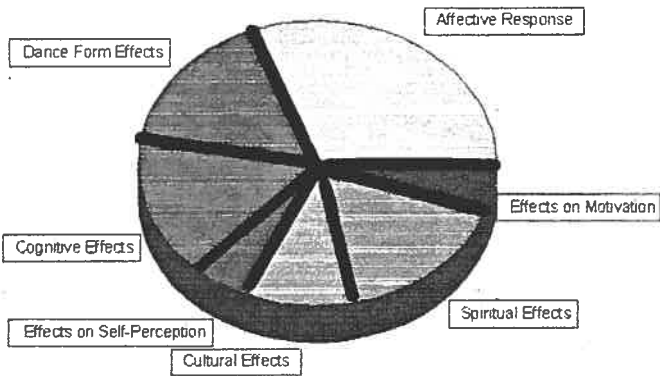
Cultural Effects of Dance Form

Social Effects of Dance Form

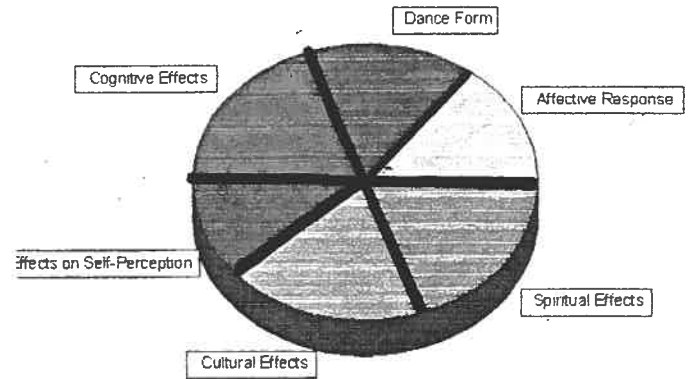
Dance Form Effects on Motivation



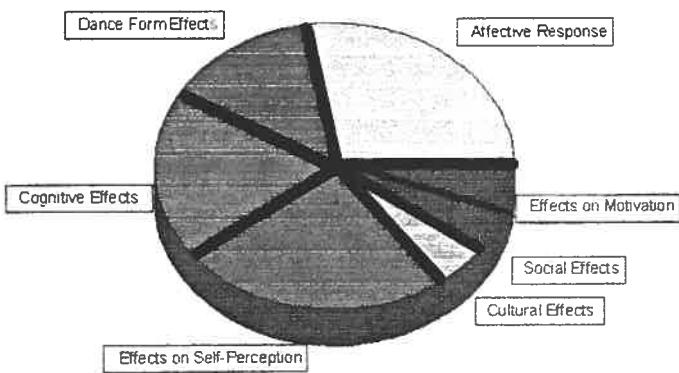
Afro-Cuban



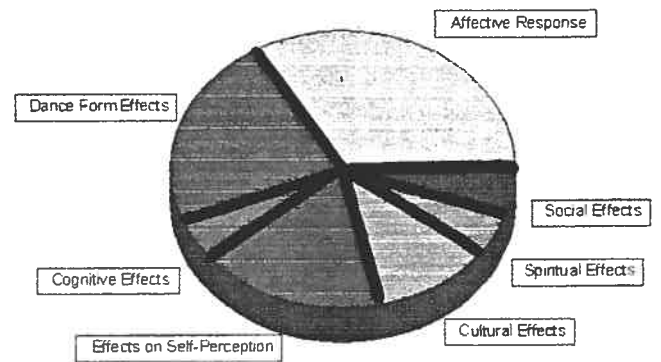
Haitian/Caribbean



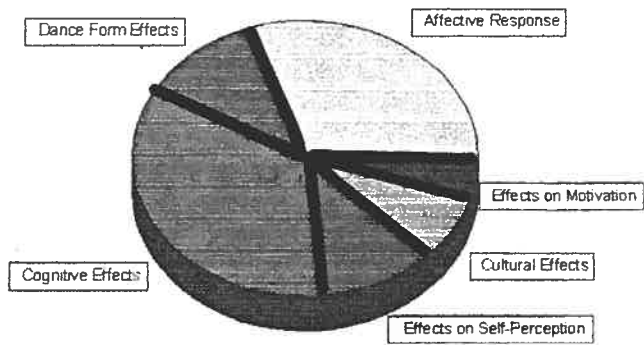
Mozambique Dance



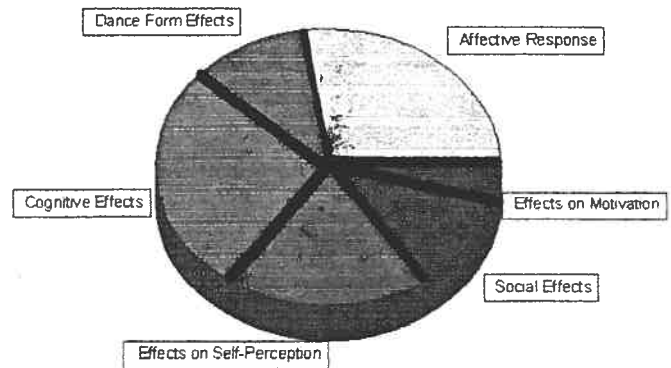
Traditional West Afrikan



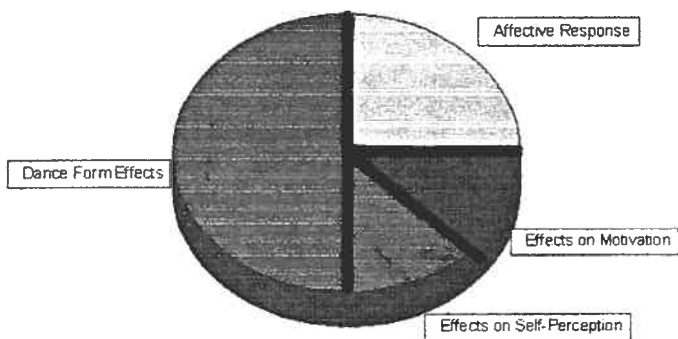
Jazz/South African



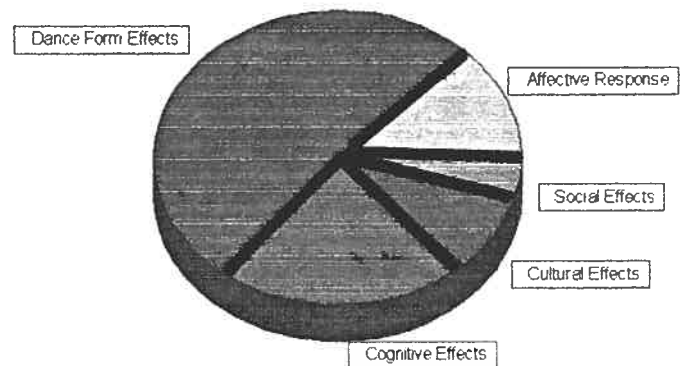
Contact/Improvisational



Modern Dance



Dance-General



Thematic Percentages for each Dance Form

DANCE FORMS	GLOBAL THEMES									
	Cognitive Effects	Effects on Self Perception	Affective Response	Dance Form Effects	Spiritual Effects	Cultural Effects	Social Effects	Effects on Motivation		
Afro-Cuban	16%	5%	31%	16%	16%	10%	--	5%		
Haitian/Caribbean	19%	12%	15%	15%	19%	19%	--	--		
Mozambique	19%	24%	28%	14%	--	5%	5%	5%		
Traditional West Afrikan	5%	17%	33%	22%	5%	11%	5%	--		
Jazz/South African	35%	11%	31%	11%	--	8%	--	4%		
Contact/Improvisational	27%	19%	27%	11%	--	--	11%	4%		
Modern	--	12%	25%	50%	--	--	--	12%		
Dance-General	22%	--	13%	52%	--	9%	4%	--		

Note: This table compares the relative percentages for each theme within each dance form.

Thematic Rankings for each Dance Form

GLOBAL THEMES	Dance Forms									
	Afro-Cuban	Haitian/Caribbean	Mozambique	Traditional West Afrikan	Jazz/South African	Contact Improvisational	Modern	Dance-General		
Cognitive Effects of Dance Form	6	4.5	4.5	7	1	2	--	3		
Effects on Self-Perception	7	4.5	1	3	6	2	4.5	--		
Affective Response to Dance Form	2.5	7	4	1	2.5	5	6	8		
Dance Form Effects	4	5	6	3	7.5	7.5	2	1		
Spiritual Effects of Dance Form	2	1	--	3	--	--	--	--		
Cultural Effects of Dance Form	3	1	6	2	5	--	--	4		
Social Effects of Dance Form	--	--	2.5	2.5	--	1	--	4		
Effects on Motivation	2.5	--	2.5	--	4.5	4.5	1	--		

Note: The relative percentages for each theme were compared across dance form and ranks were then assigned. A ranking of "1" indicates that the particular dance form had the greatest relative percentage assigned to it for that theme. Where no responses are given, ranks are not provided.

Curative Effects of Dance At A Glance

- Helps person know self.
- Helps person confront issues.
- Helps person to become psychologically, physically & spiritually in balance.
- Facilitates the inner-soul/ essence to be tapped into or expressed.
- Allows the person to confront past experiences.
- Fosters self-healing in dealing with daily living & adjustments.
- Propels a person into state of self-efficacy.
- Encourages acceptance of other's culture rather than mere tolerance.
- Helps resolve ambivalence toward own cultural and encourages cultural esteem & acceptance.
- Helps person move toward self-acceptance & peace with self.
- Fosters positive changes in personality.
- Empowers person to deal with issues of failure.

Note: These curative effects are associated to a greater or lesser extent with various dance forms. No one dance form generates all of the above effects.

