
Dance as Hobby Among Dental Students

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Abstract: Dance is an artform that is used to express a person's feelings. It is a good relaxation and good hobby for people. It has the ability to reduce stress and increase the blood flow of the body. Dental profession is one of the most stressful professions and management is very important. Dental students reported high stress levels which causes mood swings, change in attitude and decreased academic performance. The aim of this study is to analyse the frequency of dance as a hobby among dental students. The study was conducted by preparing questionnaires pertaining to the topic on dance as a hobby among dental students and was circulated through an online survey planet link. Data were collected and analysed. According to the survey, 70.6% of dental students like dancing, 58.4% of them dance very often. 70.2% of them dance to fast beats, 53.9% of them dance due to stress. 72.3% of them feel happy when they dance and 69.2% are passionate towards dancing.

Dance is enjoyed by many as a hobby. But due to lack of time and workload, many are not able to continue dancing.

keywords: dance, hobby, dental students, stress management.

INTRODUCTION

Dance is a form of an art that evolves constantly and continuously, which involves the body, mind and emotion. It also strengthens the immune system through the muscle action (Hanna, 1995). Dance can be a good relaxation and as many people's hobbies too. This form of art which can be in any style is the one most concerned in this study, where students may have a hobby of dancing either for workout purposes or to take up a professional grade in any form of dance. Whatever the reason would be, dance acts as a wholesome activity which brings body and mind together and releases the 'feel good' Endorphins that keeps individuals happy by improving the ability to sleep and reducing the stress levels.

Stress is the major concern that affects the undergraduate students and also the dental educators. It is the cycle that is caused by the stressors continuously and it can affect academics (Alzahem *et al.*, 2011). Chronic stress has an adverse effect on the academic performances. Dental students have reported high levels of stress which causes their mood swings, change in their attitude towards people and workload are the major reason for their stress (Sanders and Lushington, 2002). Even though the students and dentists were reported to have high risk, the technique used to cope up with stress have not been reported (Tisdelle *et al.*, 1984). To cope up stress, it involves creative art therapy which is under presented in literature and in the work of the population (Dieterich-Hartwell, 2017).

Dental profession is a stressful occupation due to the workload they have and previous studies were done on dental students to evaluate their anxiety levels and management techniques (Sugiura, Shinada and Kawaguchi, 2005). The cause for this stress has been outlined and the coping techniques had been discussed by many authors (Atkinson *et al.*, 1991). A few reasons for this stress includes inadequate performance, inappropriate motivation, coping strategies, social changes and also postponing the work (Louis Touyz, 2017). Coping strategies when done correctly stops the unwanted impact of physical, emotional, and mental well-being (Sekhon *et al.*, 2015). The effect of stress in dental practice is the one of the most important things which require immediate attention, which can affect the self as well as the society.

No previous study based on the topic coping with the stress or relaxation factor for dental students has been done. Hence dance is mainly a relaxation factor as it involves the whole body, muscles and is connected emotionally, it can be used to cope up with the stress and as most might have developed dance as their hobby, they can easily cope up with the stress during their work. Previously our department has published extensive

research on various aspects of prosthetic dentistry ('Evaluation of Corrosive Behavior of Four Nickel–chromium Alloys in Artificial Saliva by Cyclic Polarization Test: An in vitro Study', 2017; Ganapathy, Kannan and Venugopalan, 2017; Jain, 2017a, 2017b; Ranganathan, Ganapathy and Jain, 2017; Ariga *et al.*, 2018; Gupta, Ariga and Deogade, 2018; Anbu *et al.*, 2019; Ashok and Ganapathy, 2019; Duraisamy *et al.*, 2019; Varghese, Ramesh and Veeraiyan, 2019), this vast research experience has inspired us to research dance as a hobby among dental students. Our team has rich experience in research and we have collaborated with numerous authors over various topics in the past decade (Ezhilarasan, 2018; Ezhilarasan, Sokal and Najimi, 2018; Gupta, Ariga and Deogade, 2018; Jeevanandan and Govindaraju, 2018; J *et al.*, 2018; Menon *et al.*, 2018; Prabakar *et al.*, 2018; Rajeshkumar *et al.*, 2018, 2019; Vishnu Prasad *et al.*, 2018; Wahab *et al.*, 2018; Dua *et al.*, 2019; Duraisamy *et al.*, 2019; Ezhilarasan, Apoorva and Ashok Vardhan, 2019; Gheena and Ezhilarasan, 2019; Malli Sureshbabu *et al.*, 2019; Mehta *et al.*, 2019; Panchal, Jeevanandan and Subramanian, 2019; Rajendran *et al.*, 2019; Ramakrishnan, Dhanalakshmi and Subramanian, 2019; Sharma *et al.*, 2019; Varghese, Ramesh and Veeraiyan, 2019; Gomathi *et al.*, 2020; Samuel, Acharya and Rao, 2020)

MATERIALS AND METHOD

This study was conducted in Saveetha Dental College and Hospitals which included 104 dental college students. A self-administered questionnaire was prepared based on the topic "dance as hobby among dental students". This questionnaire was distributed through an online survey planet link. The participants were informed in detail about the study. The questionnaire was carefully studied and corresponding answers were marked by the participants.

Type of the research was Original study (survey), sampling method is simple random sampling. Independent variables include dental students and the dependent variable include hobbies. The type statistics are descriptive and the test done is paired T test.

RESULTS AND DISCUSSION

After collecting the response which has been received after the circulation of the online survey link, the data has been collected and the statistics were obtained using the student's t test.

In the first figure 70.6% of the participants like dancing and 29.4% of the participants don't like to dance. Next one shows that 64.1% participates in all events and 35.9% doesn't participate.

Figure 3 shows that 68% of the people wanted to dance but their situation didn't let them do it but 32% of the people didn't face the situation. Next figure shows that 58.4% of the people dance very often and 41.6% don't. Figure 5 shows that 70.2% of the people dance for fast beats and the remaining that is 29.8% of the participants dance for slow beat songs. Next one shows that 64.1% of the people dance western and 35.9% of the people dance classical. The 7th figure shows that 53.1% of the participants dance when they are stressed but the remaining 46.1% of the people dance when they want some fun. Next one shows that 72.3% people feel happy when they dance and 27.7% don't feel happy. Figure 9 shows that 65% of the people prefer other hobbies other than dancing and 35% don't prefer but the next figure is the 10th one shows that 69.2% people are passionate towards dancing whereas 30.8% of the people don't feel passionate. This study has been done to evaluate dance as a hobby among dental students. Dental profession is one of the professions which has so much work load and dentists have so much stress to carry. The way to handle stress is vast. People tend to do so many things to handle and manage their stress. Their hobbies place a major role in managing their stress. Some may spend their time to relax themselves with the help of their hobbies. But some dental students don't even think about relaxing themselves. This study is very useful because dancing involves your entire body and movements results in releasing your entire body stress. 5 to 10 mins of dancing everyday not only relaxes your entire body but also your brain cells as there will be blood supply due to dancing.

According to tagbir Singh *et al.* among the participants 39% were males and 61% were females (Sekhon *et al.*, 2015). Tv/music/internet/ hobbies were used by 98% of the students to combat their stress. Miriam Giguere (Giguere, 2019). stated that the dancers in between the age group of 16-21 years volunteer on an ongoing basis in the types of community engagement particularly in relation to self actualisation, self esteem etc. Erica Rose Jeffery *et al.* (Jeffrey and Pruitt, 2019) mentioned that dance plays a very important role in building up positive peace and personal, rational and educational welfare. Monica Jordan (Frichtel, 2019) also mentioned that dance involves experiencing the freedom of our body, postulating the emotional, bodily, mental aspects.

There have not been so many studies done regarding dance, dance as a hobby among dental students is a new study and hasn't been done yet. If the study has been carried forward, then there are a lot of chances to get to know about their hobbies and coping with their stress. Our institution is passionate about high quality evidence based research and has excelled in various fields (Pc, Marimuthu and Devadoss, 2018; Ramesh *et al.*, 2018; Vijayashree Priyadharsini, Smiline Girija and Paramasivam, 2018; Ezhilarasan, Apoorva and Ashok Vardhan, 2019; Ramadurai *et al.*, 2019; Sridharan *et al.*, 2019; Vijayashree Priyadharsini, 2019; Chandrasekar *et al.*, 2020; Mathew *et al.*, 2020; R *et al.*, 2020; Samuel, 2021)

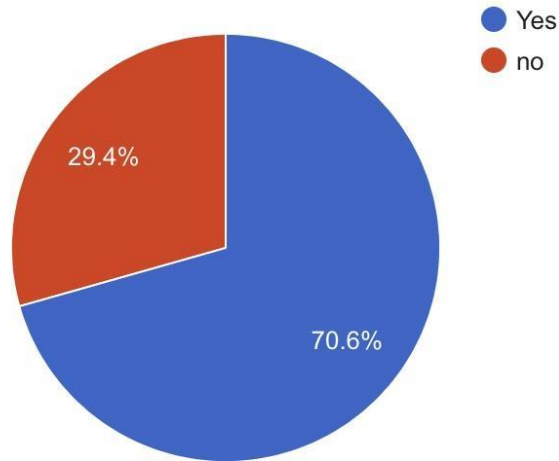


Fig.1: The Pie chart showing the percentage distribution of student's liking towards dance. Majority of the participants 70.6% responded yes (blue) and 29.4% responded no (red).

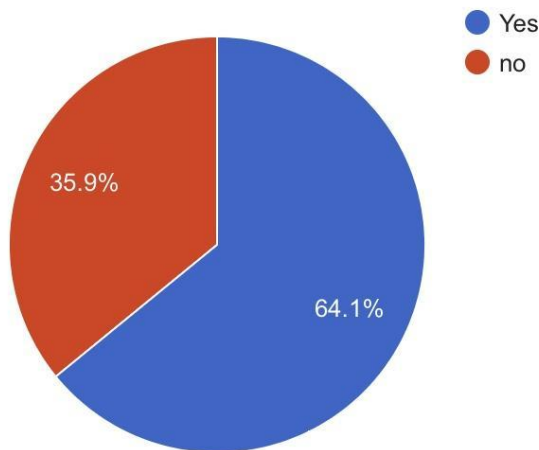


Fig.2: The Pie chart showing the percentage distribution of student's participation in dance events. Majority of the participants 64.1% responded yes (blue) and 35.9% responded no (red).

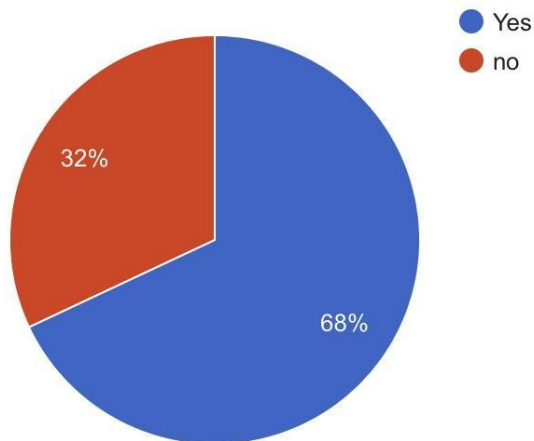


Fig.3: The Pie chart showing the percentage distribution of student's negligence towards dance due to work. Majority of the participants 68% responded yes (blue) and 32% responded no (red).

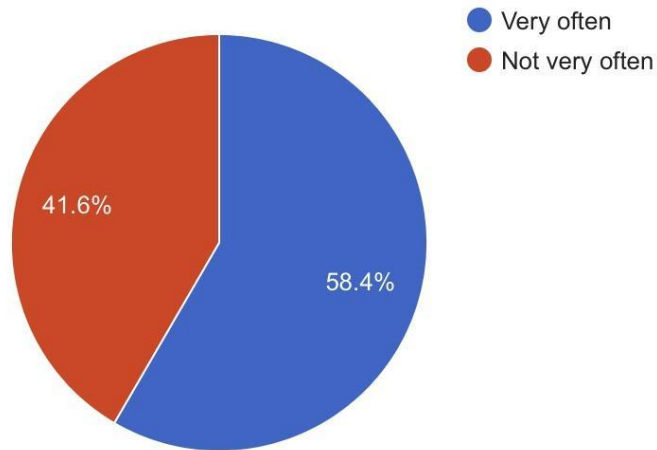


Fig.4: The Pie chart showing the percentage distribution of student's dance routine. Majority of the participants 58.4% responded very often (blue) and 41.6% responded not very often (red).

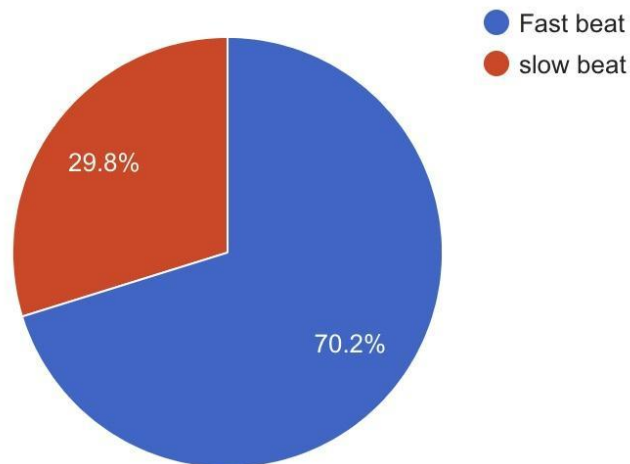


Fig.5: The Pie chart showing the percentage distribution of student's choice of music. Majority of the participants 70.2% responded fast beats (blue), 29.8% responded slow beats (red).

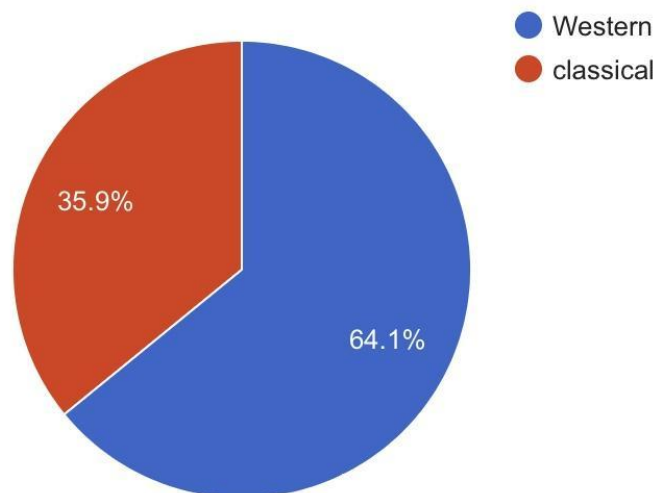


Fig.6: The Pie chart showing the percentage distribution of student's favorite style of dance. Majority of the participants 64.1% responded western (blue), 35.9% responded classical (red).

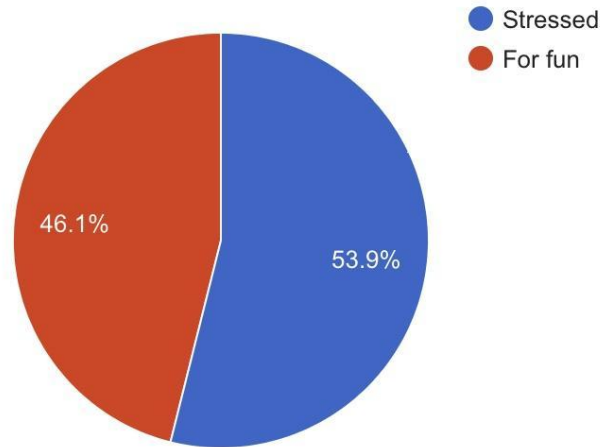


Fig.7: The Pie chart showing the percentage distribution of student's reason to dance. Majority of the participants 53.9% dance due to stress (blue), 46.1% dance for fun (red).

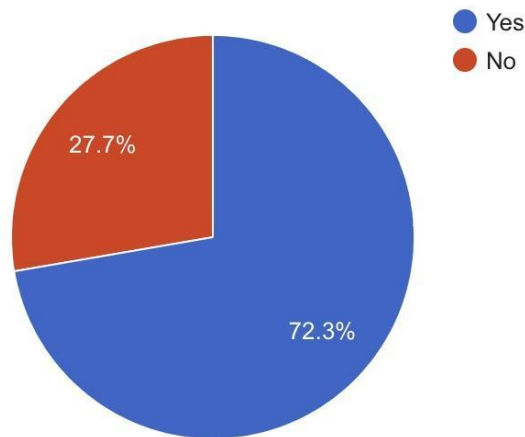


Fig.8: The Pie chart showing the percentage distribution of student's happiness in dancing. Majority of the participants 72.3% responded yes (blue) and 27.7% responded no (red).

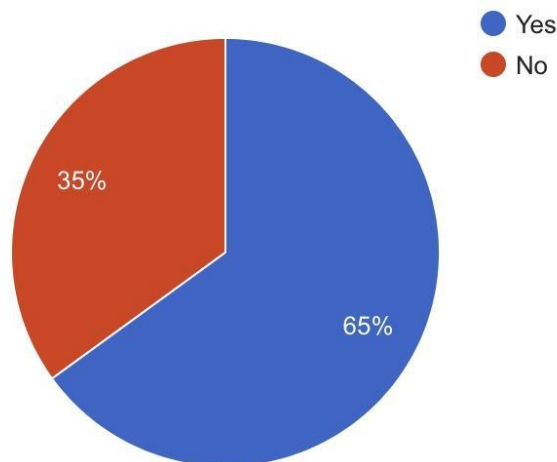


Fig.9: The Pie chart showing the percentage distribution of student's preference of dance than other hobbies. Majority of the participants 65% responded yes (blue), 35% responded no (red).

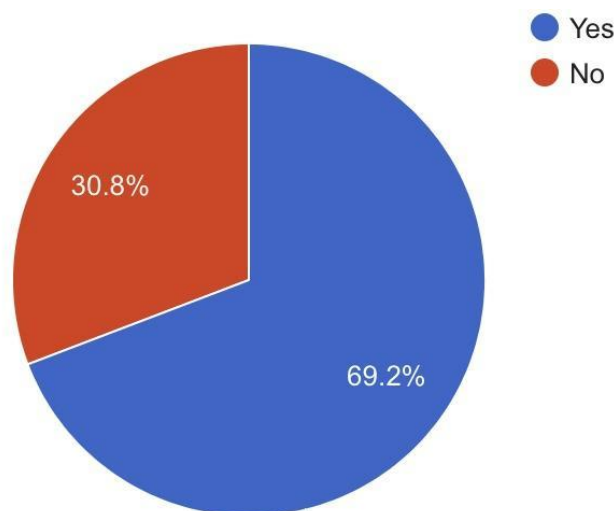


Fig.10: The Pie chart showing the percentage distribution of student's passion towards dance. Majority of the participants responded yes (blue) and 30.8% responded no (red).

CONCLUSION

Within the limitations of this study following conclusions can be drawn, dance was enjoyed by many people as a hobby but due to lack of time, not many are able to continue it as their hobby. Most of the students are aware of the benefits of dance if imparted in their regular schedule helps in relieving stress, regulates blood flow, improves confidence, fitness levels, posture and concentration..

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