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Psychological sciences

DANCE AS A TOOL FOR PHYSICAL ACTIVITY WITH A PSYCHO-EMOTIONAL EFFECT

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Abstract

Introduction: Dance represents an established socio-cultural phenomenon and a specific form of physical activity which, within the context of contemporary wellness culture, is applied as a means of maintaining physical and psycho-emotional well-being. During pregnancy, modified dance-based movement practices contribute to enhanced body awareness, motor control, and emotional stability in women. ***Methodology:*** The aim of the present study is to analyses the impact of dance as a physiologically appropriate form of physical activity on functional and, in particular, psychological indicators, as well as on the emotional status of pregnant women. A systematic literature review was conducted in order to provide an objective assessment of the effects of structured dance interventions during pregnancy. ***Results:*** The findings indicate that modified dance-movement programmes exert a positive effect on functional capacity, psycho-emotional balance, and the subjective perception of well-being among pregnant women. The proposed movement model, Programme Nesheva (PN), creates favorable conditions for the development of practically applicable skills and professional competencies among specialists working in this field. ***Conclusion:*** The analysis of scientific literature confirms that specialised dance-movement practices constitute an effective and safe form of physical activity during pregnancy, provided that they are implemented by qualified professionals and in accordance with established health standards.

Keywords: wellness culture; dance-based physical activity; pregnancy; health effects.

Introduction

Dance, as a cultural code and social phenomenon, represents a form of motor practice with substantial social, health-related, and educational value, stimulating endorphin release, reducing stress, and modulating negative emotional states. Scholars indicate that within the accelerated pace of life in the twenty-first century, dance no longer exists solely as a recreational activity but has become established as a functional component of wellness culture – an interdisciplinary paradigm integrating physical, psycho-emotional, and social well-being [1, 2, 3, 4]. As a movement-based practice, dance integrates physical activity, emotional expression, and aesthetic experience, thereby functioning as a distinctive instrument for enculturation, personal development, and social connectedness.

Dance operates as an integrative motor practice that extends beyond the boundaries of physical exercise, exerting a significant influence on emotional experience, social affiliation, and processes of personal transformation [5].

Within the context of Bulgarian cultural tradition, dance occupies a distinctive position. The Bulgarian people have developed a system of folk dances unique in both form and content, accompanied by music, rituals, and ceremonial practices that have been sustainably transmitted across generations [6]. Another publication by the same author [7] emphasises the importance of folk dances as a means of enriching educational content and fostering the development of motor culture not only among students but also among adults.

This intangible cultural heritage not only reflects the identity and historical trajectory of Bulgarian women but also fulfils a significant socialising and educational function. The slow and moderate movements and step patterns characteristic of traditional folk dances constitute an appropriate form of physical activity for pregnant women [8].

In her scientific research, the author consistently conceptualises dance as a structured and goal-oriented form of physical activity that combines physical load with opportunities for personal and emotional expression [9]. In a more recent study, *"Dance formats as an opportunity for the expression of individual talent,"* the same author expands this perspective by highlighting dance formats as platforms for individual expression and psycho-emotional well-being [10].

Regular physical activity during pregnancy through dance supports overall health, reduces the risk of cardiovascular diseases and stroke, regulates body weight, and contributes to mental clarity [11]. Bulgarian folk dances and dance formats in general continue to serve as effective means of physical activity, emotional release, and social connectedness, contributing to psycho-physical health, wellness culture, and improved quality of life among participants [12]. Furthermore, research [13] underscores the role of physical activity, including dance, as a means with a pronounced psycho-emotional effect on the functional regulation of movement.

Methodology

The aim of the present study is to examine the psycho-emotional effect of dance as a form of physical activity on functional and physical indicators, as well as on the emotional state of a specific social group – pregnant women. In accordance with this objective, the following research tasks were formulated:

1. To clarify the theoretical foundations of the problem relevant to the subject of the study.
2. To trace the dynamics of the impact of dance activity on the psycho-emotional state of women during the prenatal period.
3. To summarise the results and formulate conclusions with practical applicability.

The subject of the study is the technology of targeted intervention aimed at regulating and optimising physical development and psycho-emotional stability among the participants. The research sample consisted of 33 pregnant women (second trimester) enrolled in an innovative holistic movement programme – Programme Nesheva.

Results

Results of the variation analysis of anthropometric indicators in pregnant women participating in a specialised pregnancy programme

Table 1 presents the mean values and standard deviations of the physiometric characteristics of the 33 pregnant women participating in Programme Nesheva (PN), a protected scientific product. The analysed indicators include age (A), height (H), body weight immediately after pregnancy confirmation (W_I), body mass index prior to pregnancy (BMI), body weight at programme entry (W_M), and body weight at programme completion (W_TT).

Table 1.

Variation analysis (Mean ± SD) of anthropometric indicators of the research sample – pregnant women.

Indicators	N	Mean ± SD
(A) Age (years)	33	28.98 ± 3.94
(H) Height (cm)	33	167.14 ± 6.56
(W_I) Body weight after pregnancy confirmation (kg)	33	57.05 ± 8.57
(BMI) Body mass index (kg/m²)	33	20.38 ± 2.49
(W_M) Body weight at entry into Programme Nesheva (PN) (kg)	33	62.33 ± 9.28
(W_TT) Final body weight at completion of PN (kg)	33	67.78 ± 9.68

The examined pregnant women were aged between 21 and 38 years, with height values ranging from 150 to 183 cm. The mean initial body weight (W_I), measured after pregnancy confirmation, was 57.05 kg. According to World Health Organization[1] criteria, 1% of the participants were classified as obese, 2% as overweight, 20% as underweight, and 77% fell within the normal weight range. These findings indicate a predominance of normal body weight within the study sample, which constitutes a favourable prerequisite for pregnancy progression without excessive risks related to body mass. Overall, the obtained data delineate a relatively favourable physical development profile, relevant both to the objectives of prenatal care and to the implementation of a targeted innovative movement programme.

The Max Lüscher Colour Test was applied to assess the emotional and bodily state of the pregnant women, as well as their experienced stress levels across precisely defined dimensions (Table 2).

[1]*https://www.who.int/teams/nutrition-and-food-safety/development-of-global-gestational-weight-gain-standards*

Table 2.

Results of variation analysis – Lüscher Colour Test: comparison between baseline (b) and post-test (p) assessment (N = 33)

Indicator	Description	N	Min (b)	Min (p)	Max (b)	Max (p)	M (b)	M (p)	SD (b)	SD (p)
VK	Vegetative coefficient	33	−1.63	−3.33	2.05	2.00	0.34	0.07	0.91	0.70
IT	Anxiety intensity	33	−1.83	0.00	5.76	6.00	1.39	0.60	1.63	1.24
NK	Maladaptive compensation	33	−1.56	0.00	4.22	4.00	0.93	0.24	1.37	0.73
OAN	Deviation from autogenic norm	33	2.04	0.00	29.57	30.00	14.11	4.76	6.50	7.60
K	Internal conflicts	33	−1.17	0.00	1.62	2.00	0.20	0.11	0.85	0.39

At the **baseline assessment (b)**, conducted with the Lüscher Colour Test among the 33 pregnant women, the mean values of the vegetative coefficient (M = 0.34; SD = 0.91), anxiety intensity (M = 1.39; SD = 1.63), maladaptive compensation (M = 0.93; SD = 1.37), deviation from the autogenic norm (M = 14.11; SD = 6.50), and internal conflicts (M = 0.20; SD = 0.85) indicate increased psycho-emotional and vegetative instability. At the **post-test assessment (p)**, a reduction across all indicators was observed: vegetative coefficient (M = 0.07; SD = 0.70), anxiety intensity (M = 0.60; SD = 1.24), maladaptive compensation (M = 0.24; SD = 0.73), deviation from the autogenic norm (M = 4.76; SD = 7.60), and internal conflicts (M = 0.11; SD = 0.39). These changes reflect a substantial improvement in the psycho-physiological state of the participants, graphically illustrated in Figure 1.

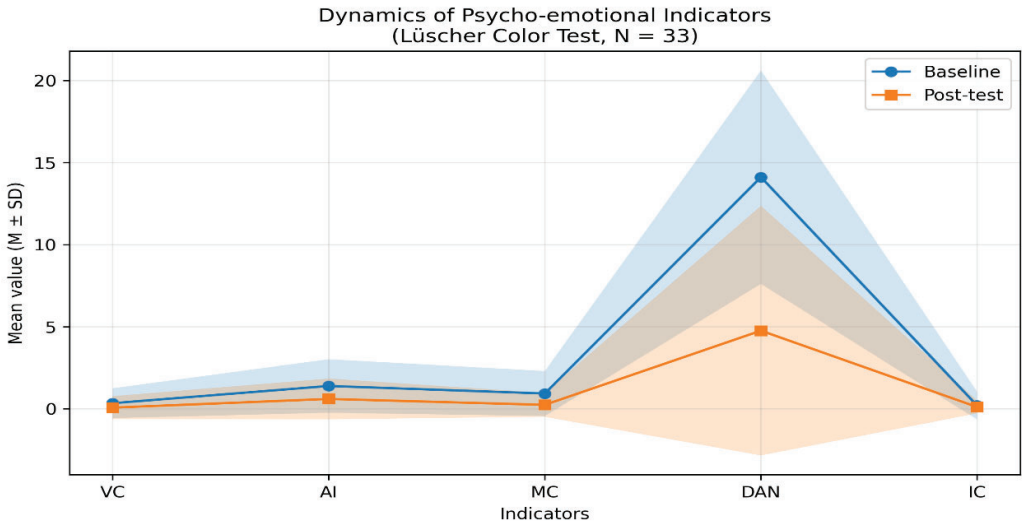


Figure 1. Dynamic profile of psycho-emotional indicators

These findings indicate the effective implementation of dance-based movement activities within Programme Nesheva, leading to adaptation and normalisation of vegetative and emotional functions between the two assessments. The observed changes suggest a positive effect of the applied interventions on psycho-vegetative balance, accompanied by a reduction in anxiety levels and internal conflicts. The autogenic norm reflects a mental state typically observed following relaxation or meditation. The obtained coefficient, together with the significant differences across all other indices of the Lüscher Test, provides sufficient grounds to conclude that the comprehensive intervention methodology favourably influenced the mental state of the studied participants.

Discussion

Psychometric analysis demonstrates that the inclusion of dance elements or a dance component within a specialised movement programme constitutes an effective method of integrated influence not only on physical and functional parameters but also on psycho-emotional health. The programme exhibits a pronounced effect on psycho-emotional status through dance-based physical activity during pregnancy. Psychophysiological indicators assessed by the Lüscher Colour Test reveal a reduction in anxiety, internal conflicts, and deviation from the autogenic norm, indicating enhanced adaptability and a more balanced psycho-emotional state.

The results further highlight the positive impact of the holistic Programme Nesheva on women with normal pregnancy. These findings confirm that specialised dance programmes implemented during the prenatal period represent an effective tool for adaptation, stress reduction, and the strengthening of psycho-emotional balance, thereby creating conditions for a positive experience of motherhood.

Conclusion

The findings of the present study confirm dance as a valuable and multifunctional component of prenatal care, supporting pregnant women in adapting to physiological changes while reducing stress and anxiety levels. Through its integrative nature, dance-based physical activity combines movement, emotional expression, and psychosocial engagement, contributing to physical well-being and psycho-emotional stability during pregnancy. Specialised dance programmes implemented within a structured and physiologically appropriate framework offer combined motor and psycho-emotional benefits, promote improved functional capacity and emotional regulation, and provide a positive subjective experience of pregnancy. The analysis of scientific literature further confirms that specialised dance-movement practices represent a safe and effective form of

physical activity during pregnancy when conducted by qualified professionals and in accordance with established health standards, supporting their integration into health-educational policies and the wellness sector.

Notes

Conflict of interest: The author and the affiliated institution declare no conflict of interest.

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Informed consent: Declarations of informed consent were obtained in relation to the publication of data derived from the study.

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