



**Relationship between Anxiety, Psychological Wellbeing & Self-esteem among Dancers,
and Non-dancers**

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Abstract

Dance is a kind of art that is frequently categorized as a sport. It is made up of choreographed or carefully chosen bodily movement patterns with aesthetic and frequently symbolic significance. Participating in dance-oriented pursuits can enhance an individual's self-esteem and contentment by elevating their self-perception of their physical attributes, expressiveness, and body image. The current study aimed to explore the relationship between anxiety, psychological wellbeing and self-esteem among dancers and non-dancers. A sample of 160

young adults (80 dancers and 80 non-dancers) were selected through the purposive sampling method for this study. Validated tools, including the Beck Anxiety Inventory, Rosenberg Self Esteem Scale and Ryff's Psychological Wellbeing, were utilized to assess Anxiety, Self Esteem and Psychological Well Being, respectively. Statistical analysis, including t-tests, correlation analysis, were employed to analyze the data. The findings of the study showed that there is no significant difference in the Anxiety and Autonomy, Personal growth, Positive relation, Self-acceptance dimensions of psychological wellbeing between the dancers and non-dancers. There is a significant difference in the Environmental mastery, Purpose in life, dimensions of wellbeing and self-esteem between the two sample groups. The association between Self-esteem and Environmental mastery, Personal growth, Positive relation, Self-acceptance dimension of wellbeing is significant and positive. The association between Self-esteem and Autonomy, Purpose in life dimensions of wellbeing is not significant. The association between Self-esteem and Anxiety is significant and negative. The association between anxiety and Environmental mastery, Personal growth, Positive relation, Self-acceptance, Autonomy dimensions of wellbeing is significant and positive. The association between anxiety and Purpose in life dimension of wellbeing is significant and negative.

Keywords: Anxiety, Psychological Well-Being, Self-Esteem, Dancers, Non-Dancers

INTRODUCTION

In psychology, the phrase "self-esteem" refers to a person's subjective evaluation of their own abilities, worth, and value. It's a sophisticated concept that considers a wide range of characteristics, including an individual's achievements, social status, physical attributes, and cognitive abilities. A person's feeling of self-worth is essential to their overall happiness and

fulfilment, social and romantic connections, professional opportunities, and emotional health. There might be major emotional and social repercussions from a lack of confidence. Anxiety, hopelessness, and shame are frequent emotions among people with low self-esteem. Their poor self-esteem may also make it harder for them to handle stress and adversity. Low self-esteem is associated with anxiety, depression, and an inability to motivate oneself to better one's circumstances. Conversely, a healthy dosage of confidence may do a lot of good in an individual's life.

A positive outlook, a can-do attitude, and self-confidence are prevalent traits of those who regard themselves highly. They are capable of managing stress and adversity, have a strong sense of self-worth, and are self-assured. Social benefits associated with strong self-esteem include improved communication, more meaningful relationships, and increased social support. The term "psychological well-being" (PWB) describes the general mental health and contentment of an individual. It includes a range of elements that influence an individual's sense of wellbeing: Autonomy, Personal growth, Positive relation, Self-acceptance, Environmental mastery, Purpose in life. Anxiety is a feeling of unease and fear regarding unknown future events, usually accompanied by bodily manifestations such shaking, sweating, and fast cardiac rate.

Dancing is an art form that is frequently categorized as a sport. It consists of choreographed or spontaneous bodily motions with aesthetic and frequently metaphorical meaning or carefully chosen. Dancing is another enjoyable method to express oneself. It can make you feel more self-assured and at ease with who you are. Dancing has the power to lift your spirits and make you feel happier and more optimistic. It may also aid in elevating your mood in general. College students who regularly danced reported higher levels of contentment and confidence than their colleagues who did not dance, according to a poll conducted among

the student body. The researchers postulated that dancing would improve individuals' feelings of physical self-image, self-worth, and happiness based on their findings.

According to one study, senior individuals who danced expressed greater satisfaction and confidence. The authors of the study claim that dancing provides opportunities for creative expression, physical exercise, and social interaction—all of which can have favourable psychological consequences. Research has shown a positive correlation between happiness and confidence in both non-dancers and dancers. A healthy dose of self-assurance boosts positive affect, happiness, and life satisfaction. Joy and dignity in oneself tend to reinforce each other, for dancers and non-dancers alike. Dancing exercises are a great form of therapy for people who want to feel better about themselves since they can evoke feelings of joy and pride, among other pleasant emotions (Kwon & Kim, 2020).

REVIEW OF LITERATURE

Luna et al. (2023) discovered profiles that explained how empathy, anxiety, and psychological wellbeing relate to Mexican medical students. The Multidimensional Empathy Scale, the Beck Anxiety Inventory, and the Psychological Well-Being Scale for Adults were completed by Mexican medical students participating in a cross-sectional study. Women showed lower psychological well-being, increased anxiety and empathy ($p < 0.01$). Students in their final year of training reported less anxiety than those in their first and second years ($p < 0.01$).

Singhal and Prakash (2021) studied to find out how Indian college students' psychological wellbeing and sense of self-worth relate to one another. Using a purposive sample technique, the statistical population of the current study consists of 122 Indian college students in the Delhi-NCR region who are between the ages of 18 and 28. The Psychological General Well-Being Index (PGWBI) and the Rosenberg Self-esteem Scale (RSES) were used to collect the data. The statistical analysis was

conducted using IBM SPSS version 20. The findings demonstrated a strong positive correlation between psychological well-being and self-esteem as well as a significant relationship between the two.

Pandey et al. (2021) evaluated the relative mediating roles of positive and negative self-compassion for the relationships among self-esteem, hedonic and eudaimonic well-being, as well as the predictive strengths of self-esteem and both positive and negative self-compassion for hedonic and eudaimonic well-being. A convenient sampling was used to select 134 male ($M = 25.11$, $SD = 1.66$) and 138 female ($M = 21.89$, $SD = 1.87$) participants. The results showed that the relationship between self-esteem and hedonic well-being as well as the relationship between self-esteem and eudaimonic well-being was mediated by positive, not negative, self-compassion.

Chen and Wu (2019) studied the feelings that people with chronic pain reported having after engaging in dance therapy. Twenty individuals with chronic pain participated in a 12-week dancing therapy program. The dance therapy group demonstrated significantly higher levels of positive mood and self-esteem than the control group. This study offers encouraging evidence that people with chronic pain may benefit from dancing therapy.

Huang and Su (2017) examined the disparities in self-assurance and contentment between leisure and competitive dancers. A total of seventy-four dancers—37 competitive and 37 non-competitive—responded to questions about their own sense of satisfaction and pride. On tests of happiness and self-esteem, neither group did poorly; their scores were relatively similar. Competitive dancers scored higher on the sub-dimensions of self-esteem that measure competence and overall self-worth than non-competitive dancers. The study's findings suggest that dancing, regardless of competition level, may increase satisfaction and self-worth.

Stark (2012) studied the relationship between aspects of psychological well-being (positive and negative affect, body-esteem, and teacher and peer friendship quality) and perceptions of the social psychological climate (task-involving, ego-involving, and caring) in both technical and competitive adolescent dancers. Eighty-three female dancers (M age = $16.28 \pm .93$) answered questions about their self-reported well-being and opinions of the dance environment at their studio. The findings show that

fostering teenage dancers' psychological wellbeing requires them to believe in a positive social psychological environment. These results imply that dance instructors should take into account how the environment affects their students' ability to be well.

METHOD

Aim

To explore the relationship between anxiety, psychological wellbeing and self-esteem among dancers and non-dancers.

Research Objectives

- Explore the relationship between Anxiety, psychological wellbeing, and self-esteem.
- Explore if there is a difference in Anxiety, Psychological wellbeing and self-esteem among dancers and non-dancers

Hypothesis

H1: There would be a significant relationship between Anxiety and psychological well-being.

H2: There would be a significant relationship between Anxiety and self-esteem.

H3: There would be a significant relationship between psychological wellbeing and self-esteem.

H4: There would be a significant difference between dancers and non-dancers on the basis of Anxiety, Psychological wellbeing and self-esteem.

Sample

The study's sample included 160 young adults (80 dancers and 80 non-dancers). The information was gathered through both online and offline survey using Google Forms. It was acquired using the purposive sampling method.

Tools

The Beck Anxiety Inventory (BAI), created by Aaron T. Beck and other colleagues in 1988, The Rosenberg Self-Esteem Scale (RSES) is developed by Morris Rosenberg in 1965 and the 18-item version of Ryff's Psychological Wellbeing Scale is developed by Ryff and Keyes in 1995 was used for data collection for the study.

Statistical Technique

The study's goal is to look into if there is a difference in Anxiety, Psychological wellbeing and self-esteem among dancers and non-dancers and understand the relationship between Anxiety, psychological wellbeing and self-esteem. To compute this, each test was scored, then t-test and correlation analysis was performed.

RESULT

Table 1

Pearson's correlation between study variables

		1	2	3	4	5	6	7	8
1	Anxiety	-							
2	Self-Esteem	-.40**	-						
3	Autonomy	-.21**	.14	-					

4	Environmental Mastery	-.29**	.48**	.40**	-				
5	Personal Growth	-.31**	.19*	.39**	.41**	-			
6	Positive Relation	-.28**	.15*	.37**	.27**	.43**	-		
7	Purpose in Life	-.17*	-.06	.18*	.00	.36**	.36**	-	
8	Self-Acceptance	-.35**	.26**	.46**	.44**	.44**	.54**	.32**	-

**Correlation is significant at 0.01 level, *Correlation is significant at 0.05 level

Table (1) represents the coefficient of correlation between Anxieties, Self-esteem, Wellbeing (Autonomy, Environmental mastery, Personal growth, Positive relation, Purpose in life, Self-acceptance).

The association between Self-esteem and Environmental mastery, Personal growth, Positive relation, Self-acceptance dimension of wellbeing is significant and positive.

The association between Self-esteem and Autonomy, Purpose in life dimensions of wellbeing is not significant.

The association between Self-esteem and Anxiety is significant and negative.

The association between anxiety and Environmental mastery, Personal growth, Positive relation, Self-acceptance, Autonomy dimensions of wellbeing is significant and positive. The association between anxiety and Purpose in life dimension of wellbeing is significant and negative.

Table 2

T test between dancers (1) and non-dancers (2) across study variables

	Mean	SD	T	Sig. (2 tailed)	Result
Anxiety					

Yes	19.73	11.14	.52	.59	NS
No	18.73	12.77			
Self-esteem					
Yes	32.40	4.54	4.17	.00	S
No	28.98	5.72			
Autonomy					
Yes	14.20	3.32	.50	.61	NS
No	14.45	2.87			
Environmental mastery					
Yes	14.86	2.73	2.52	.01	S
No	13.57	3.64			
Personal growth					
Yes	15.66	3.78	.13	.89	NS
No	15.58	3.12			
Positive relation					
Yes	13.06	3.65	.06	.94	NS
No	13.10	3.79			
Purpose in life					
Yes	11.48	3.75	2.69	.00	S
No	13.03	3.50			
Self-acceptance					
Yes	14.60	3.92	.07	.94	NS
No	14.55	4.38			

NS-Not significant, S-Significant

Table (2) represents the t statistics between dancers (1) and non-dancers (2) on Anxiety, Self-esteem, and Wellbeing (Autonomy, Environmental mastery, Personal growth, Positive relation, Purpose in life, Self-acceptance).

There is no significant difference in the Anxiety and Autonomy, Personal growth, Positive relation, and Self-acceptance dimensions of wellbeing between the two sample groups (dancers and non-dancers). There is a significant difference in the Environmental mastery, Purpose in life, dimensions of wellbeing and self-esteem between the two sample groups. Dancers scored high in self-esteem and environmental mastery dimensions of wellbeing. Non dancers scored high in Purpose in life, dimensions of wellbeing.

DISCUSSION

The aim of the study was to explore the relationship between anxiety, psychological wellbeing and self-esteem among dancers and non-dancers. T-test and correlation analysis was used for the study.

The result of the study showed that the association between anxiety and Environmental mastery, Personal growth, Positive relation, Self-acceptance, Autonomy dimensions of wellbeing is significant and positive. The association between anxiety and Purpose in life dimension of wellbeing is significant and negative which suggests as a feeling of unease, dread, and terror rises, feeling that life has a purpose decrease in an individual.

H1- There would be a significant relationship between Anxiety and psychological wellbeing is accepted. The association between Self-esteem and Anxiety is significant and negative which indicates if self-esteem increases, the feeling of unease, dread and terror will decrease in an individual.

H2- There would be a significant relationship between Anxiety and self-esteem is accepted. The association between Self-esteem and Environmental mastery, Personal growth, Positive relation, Self-acceptance dimension of wellbeing is significant and positive which suggests as the way we regard and view ourselves improves, it will result in improving the

ability and opportunity to control one's surroundings, self-growth, good relation, and optimistic outlook on oneself. The association between Self-esteem and Autonomy, Purpose in life dimension of wellbeing is not significant which indicates that the the way we regard and view ourselves is not necessarily related to feeling independent and having purpose in life.

H3- There would be a significant relationship between psychological wellbeing and self-esteem is partially accepted. There is no significant difference in the Anxiety and Autonomy, Personal growth, Positive relation, and Self-acceptance dimensions of wellbeing between the two sample groups (dancers and non-dancers). There is a significant difference in the Environmental mastery, Purpose in life, dimensions of wellbeing and self-esteem between the two sample groups. These findings suggest that dancers scored high in self-esteem and environmental mastery dimensions of wellbeing compared to non-dancers which means individuals who engage in dance activities possess the high ability and opportunity to control their surroundings and has high sense of worth and self-perception compared to those who do not dance. Non dancers scored high in Purpose in life, dimension of wellbeing which means non-dancers possess high ability to gain knowledge, discover new things, and rise to difficulties that promotes development. H4- There would be a significant difference between dancers and non-dancers on the basis of Anxiety, Psychological wellbeing and self-esteem is partially accepted.

It is important to note that the results may not be as broadly applicable as they may be because the sample size was just 160. The current study's findings are in line with some other research that has demonstrated beneficial relationships between dancing and self-esteem. In Nordin-Bates et al. (2011)'s study, for instance, it was discovered that female dancers had greater levels of self-esteem than non-dancers. The current study's findings are also in line with the previous researches which has demonstrated that there is no significant difference in anxiety

levels between dancers and non-dancers. In Kulshreshtha et al. (2023)'s study, for instance, it was discovered that there is no significant difference in the Generalized anxiety disorder among Kathak dancers and non-dancers. Furthermore, dancing is a versatile activity that can be enjoyed in a variety of contexts, such as social, competitive, or therapeutic dance. Therefore, the kind of dance activity and the environment in which it is performed may have an impact on the effects of dance on psychological well-being.

CONCLUSION

This study helps us understand the relationship between anxiety, psychological wellbeing and self-esteem among dancers and non-dancers.

Drawing from the study's findings, it can be inferred that there is a significant difference between individuals who dance and those who do not, concerning their self-esteem and Environmental mastery, Purpose in life, dimensions of wellbeing. Dancers scored high in self-esteem and environmental mastery dimensions of wellbeing compared to non-dancers which means individuals who engage in dance activities possess the high ability and opportunity to control their surroundings and has high sense of worth and self-perception compared to those who do not dance. Non dancers scored high in Purpose in life, dimension of wellbeing which means non-dancers possess high ability to gain knowledge, discover new things, and rise to difficulties that promotes development. Additionally, based on the study's findings, it can be inferred that there is no significant difference in the Anxiety and Autonomy, Personal growth, Positive relation, and Self-acceptance dimensions of wellbeing between the two sample groups (dancers and non-dancers). In the present study, the association between anxiety and self-esteem is negative while the association between anxiety and Environmental mastery, Personal growth, Positive relation, Self-acceptance, Autonomy dimensions of wellbeing is positive and the association between anxiety and Purpose in life dimension of wellbeing is negative.

Additionally, the association between Self-esteem and Environmental mastery, Personal growth, Positive relation, Self-acceptance dimension of wellbeing is positive while the association between Self-esteem and Autonomy, Purpose in life dimension of wellbeing is not significant.

It's critical to recognize the limitations of this study. To begin with, only one geographic location's worth of participants make up the sample size, which is relatively small. Consequently, it's possible that the findings cannot be applied to other demographics or cultural settings. Furthermore, the study did not take into account other variables that can have an impact on dancers' well-being, such as incidents of injury or exhaustion, and instead solely evaluated psychological well-being, anxiety, and self-esteem. This research will support initiatives meant to advance the well-being of dancers. Additionally, this study will emphasize the significance of the body movement to enhance mental well-being. This study leaves a lot of scope for further researches such as researching the processes underlying the association between dancing and self-esteem, as well as investigating the effects of various dance forms or training regimens on wellbeing.

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