

Research on the Application of Dance Therapy in the Field of Mental Health

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Abstract: This paper mainly analyzes the feasibility of the influence of dance on people's psychology, which is intended to explore the role of dance in psychotherapy. Mental health problem is now a common social problem in society. Through this study, we hope to get the positive effect of dance on psychotherapy. In this study, by selecting people with specific potential, using quantitative analysis and qualitative analysis, we hope to show the positive effect of dance therapy on people's mental health, and guide people to make breakthroughs in psychological and social adaptation. Through the collection and analysis of some literature materials, this paper studies new treatment methods and tests their rationality in practice with the help of dance therapy related theories. Through a series of studies, it is found that the method of dance therapy has a positive effect on people's emotional stability, anti-pressure ability, interpersonal relationship and so on. Through the research conclusions of this paper, it provides a new solution to the psychological problems of treatment. It is hoped that this study will provide reference for the future research and application of dance in psychotherapy.

Keywords: Dance Therapy; Mental Health; Emotion Regulation; Treatment Procedure; Interpersonal Relationship

1. Introduction

In recent years, the positive psychological effects of dance therapy have been welcomed by people [1]. As a new method of psychotherapy, it has been recognized by everyone in the field of mental health. There are many aspects involved in dance therapy, such as emotion, cognition, and social interaction. In this regard, good results can be obtained through the role of dance. Dance therapy works mainly by affecting the patient

's own body and emotions. It is a non-verbal way to regulate emotions. The treatment of dance emotion is actually to let patients express their inner feelings through dance in a relatively safe environment, so as to achieve an effect of improving mental health [2]. A series of studies on dance therapy have found that dance therapy has a significant therapeutic effect on patients with anxiety and depression. According to relevant data, the symptoms of depressed patients after dance therapy are reduced to about 70 % of those before treatment. Through the emotional expression of dance, patients can release their long-standing emotions and promote the self-regulation of body and mind, so as to achieve the therapeutic effect. Dance therapy can also get the same effect on anxiety patients. After treatment, their anxiety status decreased by 50 % compared with that before treatment. There is a warm-up before the dance therapy, which includes body warm-up, free practice of dance, group practice or free activity. [3] Individual treatment is mainly to allow patients to use dance therapy. The applicable population is PTSD (post-traumatic stress disorder) population, which has a significant improvement effect. The vast majority of people with PTSD (post-traumatic stress disorder) have significantly reduced the symptoms of trauma after participating in individual treatment, improved physical awareness, and enhanced physical biological control. The mental health problems of adolescents mainly adopt the method of group dance therapy, which covers creative dance and the psychological experience of dance process. In group therapy activities, communication between groups can improve patients' communicative competence, form a virtuous circle and complement each other. According to the content of the 'Children and Adolescent Mental Health Guide' document, dance therapy is carried out regularly, with an interval of one week, and the training time per

week is about 2 classes, lasting about 90 minutes. Regular dance therapy and a certain guarantee time can enable patients to develop good social skills and enhance self-efficacy. The combination of dance and music and music is a very interesting innovation. Music can mobilize people's emotions. When dancing, the melody of the music will arouse the mood of the dancer. The change of the lyrics will make people imaginative, thus causing the resonance of the dance. [4]. The combination of music and dance can greatly improve the effect of treating anxiety and depression. Relevant studies have shown that the treatment of music and dance can effectively improve the complications of psychological problems, and its cure rate is about 83 %. The combination of music and dance is suitable for different groups of people. It has a wide range of applicability and can treat psychological problems in a relatively large area. Dance therapy and physiological aspects are actually a mutually reinforcing role. Dance can increase people's mood pleasure. Dance can effectively change the bad psychological activities caused by psychological problems. Through dance, people's mood is pleasant, which promotes the change of hormones in the body and reduces cortisol. People who often participate in dance activities, their heart rate can be effectively improved, their physical coordination ability will become stronger, and their adaptability in social life will be better [5]. The method of dance therapy has always been popular and sought after by people. Its development is relatively healthy, in line with the trend of social development, and also in line with people's health needs. In the future, dance will be more and more used by people to treat the imbalance of physical and mental development. Through the study of dance therapy, it is helpful to the ability of dance to solve psychological problems. People's in-depth research and more people's pursuit, dance therapy will blossom everywhere.

2. Mental Health and Dance Therapy

The development of dance therapy has formed a relatively mature technical advantage. It has a very wide range of applications in the treatment of psychological problems. Whether it is anxiety and depression or psychological disorders after trauma, it has a very obvious

therapeutic effect [6]. Dance can make people feel happy and promote the solution of psychological problems. Because when people dance, their body movements can convey happy feelings to their hearts and regulate their physical and mental health, so as to achieve the purpose of treatment. There are many treatment methods that can be defined by dance therapy, which can be simply summarized as structured and unstructured treatment methods [7]. The method of structured dance therapy mainly refers to the detailed treatment plan and content that have been planned before the treatment. The therapist can only be treated according to these treatment plans. The application of this method is usually the setting that the patient's condition has been clarified before the treatment. Unstructured dance is suitable for liberal dance and personalized creation. It takes the free expression of one's inner feelings as the main goal and emphasizes the exploration of self-emotion. Dance therapy can significantly mobilize the patient's emotions. The timing and quantitative treatment of depressed patients can reduce their depression score standard to 30 %. These patients say that the depression is not so serious after treatment, and the happiness index of life is significantly improved. In addition to the obvious therapeutic effect on depression and anxiety, dance therapy can also improve their self-confidence and thus give them a healthy image. The treatment of PTSD helps to break the emotional isolation, because through dance therapy, patients can rekindle their hope for life through the beauty of the material, and can also feel the beauty of life through dance, thus breaking the emotional barriers. Whether it is collective dance or individual dance, patients can improve their ability to get along with people by participating in social activities, so that they can play a positive role in social interaction. In the case study, it was found that patients with depression or anxiety significantly improved their social skills after participating in dance activities. The mutual support and encouragement between patients in dance therapy can make them full of confidence in life and enhance their sense of social belonging. With the promotion and application of dance therapy, it has been recommended as the primary means of treating mental health and is popular with people.

Dance therapy can be combined with cognitive behavioral therapy (CBT) to make the effect of psychotherapy more significant [8]. For a variety of psychological problems, dance therapy can be improved accordingly. The study found that combination therapy is more effective for a single independent treatment. The principle of dance therapy has been gradually discovered. It mainly promotes the secretion of hormones in the body through dance movements and increases pleasure. From a biological point of view, the process of dancing can achieve the effect of decompression. The main reason is that dance can reduce the emotional anxiety caused by tension. The role of dance therapy in mental health is integrated in many aspects. In the future, through more research on dance therapy, we hope to make greater contributions to psychotherapy.

3. Discussion on Dance Therapy

The main role of dance therapy is to improve people's physical and mental health through dance [9]. Its basic principle is through the role of dance, so that the body and mind have a better state of development, through the body's language, music rhythm and other soothing personal emotions. The development of dance therapy has formed many schools so far. The common schools of dance therapy include impromptu dance schools, structural dance schools and folk dance schools. The improvisational dance genre emphasizes improvisation, allowing people to express their emotions in a free way, and allowing people to freely release their inner feelings through free dance emotional expression forms. Free dance is suitable for dance content displayed in groups, which promotes the improvement of design ability and the exchange of emotions. Structural dance focuses on structuring and stylization. It focuses on the targeted design of dance in the process of practice. For individual differences, there will be different ways of expression in the design process, so as to help individuals seek self-regulation and achieve emotional venting. Folk dance has more cultural characteristics. It mainly allows people to seek cultural identity in dance through the form of dance. There are many ways of dance therapy, but there are two main methods, namely case study and group study. Behavioral observation and regular

psychological assessment are often used in case studies. The assessment includes anxiety level scale, self-rating depression scale and quality of life questionnaire. The main research method used in group research is qualitative analysis, which understands the psychological situation among participants through interviews. For a variety of psychological problems, dance therapy can provide a variety of solutions. The depressive symptoms of patients can be improved by regular dance therapy. Through relevant research, it is found that the SDS score of patients can be reduced to 30 % after regular dance therapy. For patients with anxiety, improvisational dance can improve their physical consciousness and achieve the purpose of treating anxiety. Through the implementation of the treatment method of collective dance, PTSD patients can re-establish the cognitive level of trauma. Through the examination of the body after treatment, it was found that the heart rate of the patients changed significantly. The implementation of dance therapy needs to take targeted measures to adopt appropriate treatment programs for different patients, and the specific implementation of specific problems can achieve good results. For example, children can enhance the patient's sense of participation through gamification dance therapy, and in this process, children can improve their emotional regulation ability to achieve therapeutic purposes; the treatment of adult patients is different from that of children. Adults design programs through specific psychological problems, and combine music and dance steps to achieve good therapeutic effects. Therapists need to have a wealth of knowledge before performing dance therapy. Psychology and dance are their major courses. Their curriculum covers kinematics, psychology, dance, etc. After the treatment of dance, the qualified therapist can significantly improve the psychological problems of patients and better express their emotional cognition. Dance therapy is a long process. Its treatment is divided into three stages. Before treatment, during treatment and after treatment, the effect of each link on the treatment is more important.

4. Empirical Study of Dance Therapy

Dance therapy is mainly aimed at common

mental health problems, such as anxiety, depression, etc., through certain evaluation methods for patients with psychological counseling [10]. The evaluation methods mainly include controlled trials, which evaluate the effectiveness of dance through different audiences, so as to detect the effectiveness of the treatment effect. From the perspective of data collection, the researchers used scales to evaluate, such as depression scale and anxiety scale. The evaluation period was once every two months and divided into three months. The students' anxiety scale will also be reduced, indicating that the treatment effect is better. Researchers will also study the therapeutic effect of different types of dance. The effect of modern dance in the treatment of self-expression disorder and emotional release effect is obvious. For specific groups, such as senile dementia patients, their cognitive ability has improved after dance therapy, and the participants have obvious effects after treatment. The study found that the participants in the experimental group had a significant increase in their sense of social belonging after the treatment of dance. The treatment of dance can also improve the patient's self-esteem and self-efficacy. 95 % of the participants believed that dance therapy could be more confident, and 80 % of the participants expressed their willingness to continue to participate in similar activities of dance therapy. When the researchers monitored the physiological changes, the mean heart rate decreased by 12 times/min, reflecting the decrease of physiological stress level. There is no regional culture difference in dance therapy. People in different countries and regions can also achieve good therapeutic effect by participating in psychotherapy. Patients who participated in psychotherapy found that dance can become an important channel for their emotional catharsis, and it can promote the understanding of culture. The study of dance therapy needs to be followed up for a long time, so that such research can achieve practical results. The influence of different types of dance needs further research and analysis, and it is clear that different types of dance therapy provide a new solution to the solution of psychological problems. Dance therapy has a good therapeutic effect on depression and anxiety. With the improvement of people's living standards and the

convenience brought by electronic products to people's lives, many people are more and more fond of home life. The emergence of dance therapy has brought people back to social life, and people's social exchanges will be more and more beneficial to physical and mental development. The trend of dance therapy is in line with the development of the trend of the times, and will be loved by more and more people. Dance will also have a profound impact because of its role. In fact, dance not only has a good relationship with the treatment of mental illness, but also has a very good effect on the construction of people's physical health and the maintenance of good interpersonal relationships. Through the group activities of dance, people's communicative ability will be improved, and people who participate in dance will no longer feel lonely, thus forming a normal social person and communication mode.

5. Conclusion

Compared with other treatment methods, dance therapy has its own characteristics. Dance therapy has achieved certain results and has been recognized by people in the field of psychotherapy. Dance therapy has a more obvious therapeutic effect on the treatment of psychological problems. Dance therapy can promote the coordinated development of patients' body and mind through the form of dance. Through dance therapy and a combination of different forms of dance can meet the needs of patients. In the process of dance therapy, dance therapists use physical sensory stimulation to enhance the patient's body consciousness. Dance therapy has no regional and cultural characteristics. Although people from different cultural backgrounds have different forms and cultural connotations of dance, they still need to consider the cultural background of patients when conducting dance therapy, so as to enhance their sense of participation. After dance therapy, the mechanism of dance therapy can be deeply understood through the combination of quantitative and qualitative analysis. Quantitative data can intuitively treat the effect, and qualitative can reveal the patient's personal emotional experience in dance therapy. Self-expression ability is closely related to self-identity. Dance therapy has great research value in mental health. Through

the study of adolescents and the elderly, it can be found that dance therapy can have a positive effect. When performing dance therapy, it is necessary to promote the existing practical experience to facilitate the applicability of the test results. By optimizing the method of dance therapy, it will provide a new solution for the treatment of mental illness.

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