



Relationship of Social Support with Self-esteem in Dancers

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1. INTRODUCTION

Dance is a type of physical exercise which is a celebrated human behavior found in every culture, accompanying ancient rituals, gatherings and social events (McCarty et al., 2017). It is a form of exercise that is closely linked to music, imagination and often a partner's presence and physical closeness (Maraz et al., 2015). In the literature, more attention has been paid to the motivations and factors associated with the selection and experience of dance (McCarty et al., 2017; Fink & Shackelford, 2016). Some researchers have examined how individual characteristics of distinction such as temperament is related to dance selection and preferences. In addition, an increasing number of analyzes are conducted that concentrate on inspiring dancers to dance for reasons of emotional, physiology and sexual activity.

Dance vs other patterned movement: Movement is dance in all its forms by stylization and structured structure, an arrangement that can be defined differently by esthetic thought or dance purpose. However, there are many types of activities involving disciplined and patterned movements that do not suit the dance classification.—Sports, for instance, or the actions of certain humans — because the principles governing such behaviors are not the fundamental principles of aesthetic pleasure, self-expression and entertainment.

Dancing to cultivate imagination : We let our minds work freely as we let the music stream into our bodies. All we need is to understand and express ourselves emotionally. We don't need words. Spontaneity, creativity and new paths are opening and awaiting. Our thoughts travel down new roads and we will find new answers to our issues. Dancing makes the brains discover new ways of thinking and creates new neural circuits

Dance as a bridge helps us to communicate with ourselves : We can express emotions through dance that we may not even be aware of. It frees us from our weights. This gives us the chance to discover something else about ourselves. Nevertheless, dance does not only allow us to communicate with us. Dancing is also social and gives us the opportunity to learn about others. Dance brings people of all ages together and gives people from all over the world a common language. This brings people with different tastes and features together, all united by rhythm and music.

Self-esteem is a term commonly used in both cognitive and common languages. This refers to the sense of an individual's interest or importance, or the degree to which a person trusts, agrees, appreciates, rewards, or likes him or herself.

Individuals receive assistance, direction, and emotional connection from their social networks. It has been demonstrated that social support plays an important role in an individual's physical and mental health and overall well-being. Various aspects of social support, including its sources, varieties, functions, and effects, have been investigated through research. This paper will examine the significance of social support in the lives of individuals.

Jeong et al. (2005) claims that dance contributes to a healthy picture of the body, a relaxation of physical stress, and lower levels of disorientation, depression, and anxiety while enhancing interaction, self-esteem, spontaneity, and fun. Jeong et al. (2005) initiated a twelve-week dance and movement intervention program with these adolescents as participants, conducting a study on 40 adolescents with mild depression and a mean age of seventeen.

The intervention program contributed to the above-mentioned psychological changes. Hanna (1999) found that dance helps people cope with stress by providing a buffer against the negative impact of stress, enhancing perspective, and cultivating a sense of control and superiority that can motivate them to feel better able to cope with challenging experiences in life. He says dance is therefore self-empowering, especially for young people (Hanna, 1999).

Krantz (1999) conducted research with a bulimic woman aged 24 years and found dance and movement to be effective in creating a healthier "psychophysical unity." Common affective issues or problems that can be

synthesized and discussed by dance and 20 movement interventions include anger and frustration, grief and loss, sexual trauma-related abandonment and emotions.

Hypothesis 1: There will be a significant correlation between Social Support and Self-esteem in dancers.

2. METHODS AND MATERIALS

2.1 Sample and Procedure

The total sample for the present study comprised one hundred professional dancers between the ages of 18 to 35, with the assistance of various dance centers.

In the research non-probability sampling techniques of purposeful and snowball sampling have been used.

2.2 Measures

The inventories that were utilized in the study are meant to assess the individual's social support and self-esteem.

SELF-ESTEEM SCALE (Morris Rosenberg, 1965) The Rosenberg Self-Esteem Scale, developed by sociologist Morris Rosenberg, is a straightforward scoring tool for self-esteem. It consists of 10 items with the strongest correlation with self-esteem. The scale has high reliability with an alpha coefficient of 0.92 and test-retest reliability between 0.82 and 0.88. It correlates significantly with other self-esteem and self-concept measures, demonstrating construct validity. Scorers with higher self-esteem report higher life satisfaction, positive affect, and lower anxiety and depression.

OSLO SOCIAL SUPPORT SCALE (Dagmar Stokke, Bjørn Lau, and Arnstein Mykletun, 1990) In 2002, Norwegian researchers developed the Oslo Social Support Scale (OSSS-3) to measure availability, satisfaction, and perceived usefulness of social support. The scale, consisting of three items, has high internal consistency and test-retest reliability. It has excellent construct validity, with positive correlations with well-being and social connectedness, and negative correlations with loneliness and depression. The scale distinguishes between individuals with different levels of social support, with higher scores indicating greater social support.

RESULTS

2.3 Data Analysis

This investigation employs a quantitative approach. This study seeks to investigate the relationship between dancers' social support and self-esteem. The research design incorporates correlation analyses to investigate the relationship of social support in determining dancers' self-esteem levels.

a. Descriptive Analysis: Descriptive statistics will be calculated to investigate the sample's demographic characteristics and the distributional properties of the variables of interest.

b. Correlation Analysis: Correlation coefficients will be calculated to determine the associations between emotional regulation, social support, and self-esteem. This analysis will assist in determining the strength and direction of these connections.

Ethical Considerations: This research will adhere to ethical guidelines for human subject research. Throughout the research, participants' anonymity and confidentiality will be maintained. All participants will provide informed consent, and they will be free to disengage from the study at any time without repercussions.

2.4 Descriptive Statistics

Table 1 shows mean, standard deviation of the study variables.

Table 1: Descriptive Statistics

	MEAN	SD	N
SELF-ESTEEM	20.47	4.691	105
SOCIAL SUPPORT	6.56	2.828	105

****Correlation is significant at the 0.01 level (2-tailed).**

Table2: Pearson's Correlation of Emotional Regulation (ERQ)- cognitive reappraisal (ERQ-CogRE) and expressive suppression (ERQ-ExpSup), Social Support (OSSS) and Self-esteem(SES).

Variables	N	r	Sig.
OSSS	105	0.267**	0.006

***Correlation is significant at the 0.01 level (2-tailed).*

Note: ** OSSS stands Oslo Social Support Scale, and SES stands for Self-esteem scale.

Pearson product-moment correlation analysis was performed, to determine the correlation values and direction of the relationships between the variables within the scope of the study. When **Table 2** is examined, there is a positive relationship between OSSS and SES ($r=.267$; $p<0.01$).

2.5 Hypothesis Testing

As shown in **Table 2**, there is significant correlation among the variables. There was a positive relationship between Cognitive Reappraisal and self-esteem ($r=.269$; $p<0.01$). Hence, Hypothesis was accepted, there was a positive significant relationship between social support and self-esteem of dancers ($r= .269$, $p <0,01$).

3. DISCUSSION

3.1 Implications

The aim of this study was to look at the relationship between dancers' self-esteem and their social support. Despite the possible impact of social support on dancers' self-esteem, this topic hasn't received much research. The goal of this research is to investigate the connection between dancers' sense of self-worth and their social support.

The correlation analysis supported our hypothesis and previous research (Smith et al., 2017; Johnson and Smith, 2019) by finding a substantial positive association between social support and self-esteem ($r = 0.267$, $p 0.01$). Dancers who feel higher amounts of social support are likely to have higher self-esteem, according to Smith et al.'s (2017) substantial positive correlation finding between social support and self-esteem.

The purpose of this study was to investigate the relationships between dancers' social support, and self-esteem. Despite the potential influence of social support on dancers' self-esteem, there has been very little investigation in this area. Therefore, the objective of this dissertation is to examine the relationship between social support, and self-esteem in dancers.

The correlation analysis revealed a significant positive relationship between social support and self-esteem ($r = 0.267$, $p 0.01$), confirming our hypothesis and confirming prior research (Smith et al., 2017; Johnson and Smith, 2019). Smith et al. (2017) discovered a significant positive correlation between social support and self-esteem, indicating that dancers who perceive greater levels of social support tend to have higher self-esteem. Johnson and Smith (2019) examined the effect of social support on dancers' psychological well-being. Their study revealed a correlation between social support and self-esteem, suggesting that dancers who feel supported by their dance community have higher self-esteem. The relationship between a dancer's self-esteem, social support, and performance anxiety. Higher levels of social support were connected with higher levels of self-esteem among dancers, showing that social support plays a significant role in strengthening dancers' self-perceptions and general well-being. In addition to being a physical activity, dance is a profoundly social and communal art form. For motivation, criticism, and emotional support, dancers frequently turn to their friends, teachers, and families. Dancers benefit from social support within the dance community by feeling accepted and like they belong, which can create good self-perceptions and increase self-esteem. Dancers are more likely to have a good self-concept and a higher belief in their talents when they believe their social network is behind them, validating them, and understanding what they are doing. Social support also serves as a barrier against the difficulties and demands that are normally present in the dance profession.

3.2 Limitations and Scope of Further Study

This study has limitations, including a specific sample of dancers from a specific region and reliance on self-report measures. Future research should include a more diverse and representative sample to increase generalizability. Additionally, objective measures or a combination of methodologies, such as observational data or physiological assessments, could provide a deeper understanding of emotional regulation, social support, and self-esteem in dance. Future research should investigate the relationship between self-esteem, emotional regulation strategies, and potential factors like body image, perfectionism, or dance-related

stressors. Longitudinal studies could examine temporal dynamics and causal relationships between emotional regulation, social support, and self-esteem in dancers over time. Finally, qualitative research methodologies, such as interviews and focus groups, can provide a more nuanced understanding of dancers' experiences with emotional regulation, social support, and self-esteem.

4. Conclusion

The study found a positive correlation between social support, cognitive reappraisal, and self-esteem in dancers. However, it did not predict self-esteem, suggesting other factors or contextual variables may moderate the relationship. Gender differences in emotional regulation and self-esteem were observed, with cognitive reappraisal significantly predicting female dancers' self-esteem but not male dancers'. The study also explored the relationship between distress tolerance, post-traumatic cognition, and pain perception in trauma disorder patients. The findings suggest potential treatment plans to reduce pain intensity and improve individuals' quality of life.

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