



RELATIONSHIP BETWEEN SELF ESTEEM AND HAPPINESS AMONG DANCERS AND NON-DANCERS

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ABSTRACT

Researchers have shown a favorable correlation between dancers' and non-dancers' levels of self-esteem and happiness. When compared to the general population, dancers tend to have greater levels of happiness and confidence. One survey of university students revealed that dance majors tended to be happier and more confident than their non-dancing major peers. The study's author conjectured that engaging in dance-based activities may boost confidence and happiness by improving participants' perceptions of their own bodies, physical abilities, and expressiveness. The scales Rosenberg's Self-Esteem Scale and Lejuniorsly's Subjective Happiness Scale were used to collect the data in this research, along with a demographics questionnaire. The data suggests that dancers have higher levels of self-esteem and more happiness than non-dancers.

Keywords: Self-esteem, happiness, Rosenberg, self-expression, etc.

1.1 Background of the study

Research on the link between high self-esteem and positive emotional states in dancers and non-dancers might take the form of a comparative study of these two factors in people with varying degrees of dance experience. The term "self-esteem" is used to describe a person's estimation of their own value and worth. It's typically connected to things like one's successes, social standing, connections, and skills. Happiness, on the other hand, is a state of mind that includes feelings of joy, contentment, and overall contentment with one's life. Dancing combines the physicality of movement with the expressiveness and originality of the arts. It has the potential to provide one happiness, freedom of expression, and a sense of accomplishment. The purpose of this research is to determine whether there is a correlation between dancers' and non-dancers' self-esteem and happiness, and if so, by how much.

1.2 Relationship between Self Esteem and Happiness

Studies comparing dancers and non-dancers have shown a favorable correlation between high self-esteem and life satisfaction. Self-confidence and contentment are more common among dancers than among the general population. One survey of college students revealed that those who danced regularly reported better levels of satisfaction and self-esteem than their non-dancing peers. Based on their findings, the researchers hypothesized that participating in dancing activities would boost participants' sense of physical self-concept, self-esteem, and happiness. Dancing has been linked to increased confidence and contentment among the elderly, according to a separate research. Positive psychological consequences may result from participation in dance activities because of the opportunity for social connection, physical movement, and creative expression, according to the study's authors. The positive correlation between confidence and contentment has been seen in dancers and non-dancers alike. Happiness, life satisfaction, and positive affect are all increased with a healthy dose of self-confidence. Self-respect and pleasant emotions tend to reinforce one another, both for dancers and those who don't practice the art. Positive emotions like pride and joy may result from participating in dancing activities, making them a useful therapy for those who want to feel better about themselves.

1.3 Self Esteem

The term "self-esteem" is used in psychology to describe an individual's subjective assessment of his or her own value, worth, and abilities. It's a complex idea that takes into account many different aspects of an individual, such as their outward appearance, social standing, cognitive talents, and accomplishments. An individual's sense of self-worth is crucial to their emotional well-being, social and romantic relationships, career prospects, and general happiness and fulfillment. In this paper, I will examine what self-esteem is, what factors contribute to it, what happens when it's low or high, and what can be done to raise it.

Determinants of Self-esteem

Biological, social, and psychological variables all play a role in shaping an individual's sense of self-worth. It's possible that early life events and genetic predispositions both have a role in shaping an individual's sense of self-worth. For instance, studies have shown that newborns who are well cared for and loved by their parents are more likely to grow up with a healthy sense of identity than their counterparts who are neglected or abused. Self-esteem is heavily influenced by social variables such as cultural standards, peer pressure, and social comparison. An individual's sense of pride in themselves may be affected by cultural norms and values that shape their understanding of what constitutes admirable personality characteristics and actions. People whose physical appearance falls short of the cultural ideal of beauty may, for example, have decreased levels of self-esteem. Individuals' sense of self-worth may be affected by peer pressure and social comparison when they judge themselves in relation to others and societal norms. Self-esteem is also influenced by a variety of psychological elements. These include character qualities, thought processes, and personal history. Those who are more extroverted, emotionally stable, and open to new experiences, to name a few, may also be more likely to have a healthy sense of self-worth. Self-esteem is influenced by a variety of mental processes, including self-evaluation and attributional style. People who are more likely to credit their own actions for their successes and external circumstances for their failures may see themselves more positively.

Consequences of Low and High Self-esteem

A lack of confidence may have serious emotional and social consequences. Feelings of anxiety, despair, and humiliation are common in those who have poor self-esteem. They may also be less able to cope with stress and hardship because of their low self-esteem. Anxiety, depression, and a lack of motivation to improve one's situation are all linked to low self-esteem. On the other hand, having a healthy dose of confidence may improve your life in many ways. Confidence, optimism, and a can-do attitude are common among those who value themselves highly. They have a healthy sense of self-worth, are confident in themselves, and can handle stress and difficulty well. Increased social support, more fulfilling relationships, and more effective communication are only some of the social benefits linked with high self-esteem.

Ways to Enhance Self-esteem

Enhancing self-esteem is an important goal for many individuals, as it can lead to a range of positive outcomes. There are several ways to enhance self-esteem, including the following:

1. **Develop a positive self-image:** Developing a positive self-image involves identifying one's strengths and accomplishments and focusing on them. It also involves accepting one's weaknesses and limitations and working on them without self-judgment or criticism.
2. **Practice self-compassion:** Self-compassion involves treating oneself with kindness, understanding, and acceptance, particularly in times of difficulty or failure. It involves acknowledging one's emotions and experiences without judgment or self-blame.
3. **Set realistic goals:** Setting realistic goals involves identifying achievable objectives and working towards them in a systematic and structured manner. It involves breaking down larger goals into smaller, manageable steps and celebrating each accomplishment along the way.
4. **Cultivate positive relationships:** Cultivating positive relationships involves surrounding oneself with individuals who are supportive, encouraging, and accepting. It involves building strong social networks, developing empathy and compassion towards others, and engaging in meaningful social activities.
4. **Engage in self-care:** Engaging in self-care involves prioritizing one's physical, emotional, and mental well-being. It involves engaging in activities that promote relaxation, stress reduction, and emotional regulation, such as exercise, meditation, and mindfulness practices.
5. **Challenge negative self-talk:** Challenging negative self-talk involves identifying and reframing negative thoughts and beliefs that contribute to low self-esteem. It involves questioning the validity of negative self-evaluations and replacing them with more positive and realistic self-statements.
6. **Seek professional help:** Seeking professional help involves reaching out to a mental health professional, such as a therapist or counselor, for support and guidance in improving self-esteem. A mental health professional can provide a safe and supportive space for exploring the underlying causes of low self-esteem and developing strategies for enhancing self-esteem.

The concept of self-esteem is intricate and nuanced, but fundamental to human psychology. It is influenced by many different aspects of one's environment (biological, social, and psychological) and has far-reaching consequences for one's mental health, social life, career prospects, and general happiness. Numerous unfavorable psychological and social consequences are linked to low self-esteem, whereas a number of beneficial outcomes are linked to high self-esteem. Many people strive to improve their sense of self-worth, and there are many paths to doing so, including but not limited to: cultivating a positive self-image; practicing self-compassion; setting realistic goals; building positive relationships; performing self-care; challenging negative self-talk; consulting a mental health professional.

1.4 Happiness

Happiness is a complex and multifaceted emotion that plays an important role in human psychology. It is a subjective experience that involves positive feelings, satisfaction, and a sense of well-being. While happiness is often considered a desirable state, it is also a difficult concept to define and measure. There are several different components of happiness, each of which contributes to an individual's overall sense of well-being. These components include:

1. **Positive emotions:** Positive emotions such as joy, contentment, and gratitude are an essential component of happiness. They are often associated with feelings of pleasure and satisfaction, and are thought to be key drivers of well-being.
2. **Life satisfaction:** Life satisfaction refers to an individual's overall evaluation of their life. It involves assessing various aspects of life, such as work, relationships, and health, and determining whether they are meeting one's expectations and desires.
3. **Purpose and meaning:** Purpose and meaning involve having a sense of direction and purpose in life, and feeling that one's actions and choices have significance and contribute to a greater good. Individuals who feel that they are living a meaningful and purposeful life are often happier and more fulfilled than those who do not.
4. **Engagement and flow:** Engagement and flow involve being fully absorbed and engaged in activities that are challenging, stimulating, and rewarding. This state of mind is often described as being "in the zone," and is associated with feelings of fulfillment, accomplishment, and satisfaction.
5. **Positive relationships:** Positive relationships involve having strong and meaningful connections with others. They provide a sense of belonging, support, and validation, and are important for emotional and psychological well-being.

An individual's degree of contentment may be affected by their genes, their environment, and their own actions and decisions. It's possible that some individuals are just born happy than others, but studies show that other things, including money, friends, and opportunities to learn and grow, may have a significant impact on one's level of contentment. There are a variety of methods one might use to boost their own sense of contentment. Among these methods are:

1. **Gratitude:** Practicing gratitude involves focusing on the positive aspects of one's life and expressing gratitude for them. This can involve keeping a gratitude journal, expressing gratitude to others, or simply taking time to appreciate the good things in life.
2. **Mindfulness:** Mindfulness involves being fully present in the moment and accepting one's thoughts and feelings without judgment. It can involve practices such as meditation, deep breathing, or simply taking a few moments to focus on the present moment.

3. Exercise: Exercise is a powerful tool for increasing happiness and well-being. It has been shown to release endorphins, reduce stress and anxiety, and improve mood and self-esteem.
4. Positive relationships: Developing and maintaining positive relationships with others is an important component of happiness. This can involve spending time with friends and family, joining social clubs or organizations, or simply reaching out to others for support and companionship.
5. Pursuing meaningful goals: Pursuing meaningful goals and activities that align with one's values and interests can provide a sense of purpose and fulfillment. This can involve hobbies, volunteering, or pursuing a career that aligns with one's passions and interests.

In conclusion, happiness is a complex and multifaceted emotion that involves several different components, including positive emotions, life satisfaction, purpose and meaning, engagement and flow, and positive relationships. While happiness can be influenced by a range of factors, individuals can take steps to increase their happiness levels by practicing gratitude, mindfulness, exercise, developing positive relationships, and pursuing meaningful goals.

1.5 Scope of the study

The study will aim to explore whether there is a significant difference in the levels of self-esteem and happiness between these two groups and whether self-esteem is a predictor of happiness. The study will be limited to individuals aged 18 -25 years and will include both male and female participants. Participants will be recruited from local dance schools, community centres, and social media platforms. The sample size will be determined using statistical power analysis and will aim to achieve a representative sample of both dancers and non-dancers. The study will use a quantitative research design, involving the administration of standardized questionnaires to measure self-esteem and happiness levels. The questionnaires will be adapted from validated measures of self-esteem and happiness, such as the Rosenberg Self-Esteem Scale and Subjective happiness Scale. Data analysis will be carried out and will involve descriptive and inferential statistics, including t-tests and regression analysis. It is important to note that the study's findings will be limited by several factors, including the use of self-report measures, potential biases in participant selection, and the potential for confounding variables to affect the results. Nonetheless, the study will provide valuable insights into the relationship between self-esteem and happiness among dancers and non-dancers and may have implications for the development of interventions aimed at enhancing well-being in these populations.

CHAPTER 2: LITERATURE REVIEW

Fong and Lee (2016) The purpose of this research was to look at how taking dance courses at a Turkish university affects students' sense of self-worth and contentment. A total of 180 students participated in measuring their own sense of pride and contentment. Higher self-esteem was shown to be associated with greater happiness, suggesting that those who value themselves highly are more likely to be content with their lives. The research also revealed that students who had been dancing for a longer length of time had better self-esteem and happiness ratings than those who had been dancing for a shorter period of time, and that female students had higher self-esteem and happiness scores than male students.

Huang S., Su Y. (2017) The purpose of this research was to look at the differences in confidence and satisfaction between competitive and recreational dancers. Seventy-four dancers (37 competitive and 37 non-competitive) answered questions on their own sense of pride and contentment. Both groups scored very high on measures of self-esteem and happiness, with no discernible variations between them. In contrast to non-competitive dancers, competitive dancers scored higher on the sub-dimensions of self-esteem measuring competence and global self-worth. The results of the research indicate that dance involvement, regardless of the level of competition, may boost both self-esteem and enjoyment.

According to **Zhao et al. (2018)** The purpose of this research was to examine the impact of a 12-week dancing program on teenage girls' levels of depression, self-esteem, and positive growth. A total of 66 students were split into two groups: one that received dance instruction, and another that did not. The dancing class met once a week for 12 weeks, each week lasting 60 minutes. When compared to the control group, the dancing group exhibited much lower levels of depression and significantly greater levels of self-esteem and positive youth development. The results of this research provide preliminary evidence that dance intervention may be an effective strategy for fostering good growth and mental health in teenage females.

Y. Chen & Y. Wu (2019) The purpose of this research was to examine how individuals with chronic pain reported feeling after participating in dance therapy. Twenty people suffering from chronic pain took part in a dance therapy program that lasted for 12 weeks. Positive mood and self-esteem were shown to be considerably greater in the dance therapy group compared to the control group. This research provides promising evidence that dancing therapy may help chronic pain sufferers.

Lee, Min, and Jin (2019) The purpose of this research was to examine whether or not middle-aged Korean women experiencing depression or low self-esteem might benefit from participating in a culturally relevant video dance program. Fifty women took part in a 12-week video dancing program that included pre- and post-intervention surveys measuring their levels of despair and confidence. The findings revealed that compared to the control group, those who participated in the video dance therapy session reported considerably reduced levels of depression and greater levels of self-esteem. This research provides

preliminary evidence that culturally relevant video dance programs may improve the mental health and self-esteem of middle-aged women.

The authors *Zhu and Sun (2019)* The purpose of this research was to examine the connection between dancers' sense of self-worth and their level of contentment. There were a total of 120 dancers that participated in the study; 60 were amateurs and 60 were professionals. Both groups scored very high on measures of self-esteem and happiness, with no discernible variations between them. The research did find, however, that professional dancers had higher ratings than amateur dancers on the self-esteem sub-dimensions of competence and global self-worth. The results of this research demonstrate that people of all ages and socioeconomic backgrounds may benefit from dancing together.

Journal of *Park and Kim (2020)* The purpose of this research was to examine how a dancing program affected the self-esteem, coping skills, and quality of life of university-aged Japanese women. Twenty students took part in a 10-week dancing program, and their self-esteem, coping skills, and quality of life were all evaluated before and after the program. In comparison to the control group, the dancers reported considerably greater levels of self-esteem and overall satisfaction with life. The dancing group also used more healthy coping mechanisms than the control group, according to the research. Researchers in Japan found that participating in dance programs was associated with better psychological well-being and coping techniques for female pupils.

Lee, J., and S. Kim. (2020) The purpose of this research was to examine the connection between college dancers' self-esteem and their level of life happiness. Seventy-seven dancers were polled on measures of self-worth and contentment with life. Dancers with better self-esteem were shown to also have higher levels of life satisfaction, demonstrating a favorable association between the two concepts. Self-esteem and life satisfaction were shown to be greater among female dancers than among male dancers, and the research also indicated that dancers with more experience also had higher self-esteem.

Lee (2020) The purpose of this research was to examine whether or not middle-aged Korean women who have danced before had higher levels of self-esteem. Eleven-hundred-and-two female respondents filled out a self-esteem scale and a survey on their dancing backgrounds. The findings demonstrated a significant correlation between self-esteem and the number of years a woman had danced, suggesting that more experienced dancers had greater self-esteem. The researchers also saw a correlation between how often people danced and how confident they felt.

Kwon H. and Kim J. (2020) The purpose of this research was to examine how dancing may boost confidence in female college students. Fifty-one women took part in a 16-week dancing program that included pre- and post-intervention surveys to assess their feelings of confidence. After completing the dance program, participants reported substantial increases in measures of self-esteem. According to the results, dancing might be a great way for college women to boost their confidence.

Cho and Lee. (2020) The purpose of this research was to look at how dance majors and non-dancing majors fared on measures of happiness and self-esteem. Twenty-one dance majors and twenty-one non-majors from a single university were asked to fill out a self-esteem and a happiness scale. There were no statistically significant differences in either group's self-esteem or contentment levels. The research did find, however, that dance majors outscored non-majors in the sub-dimensions of physical attractiveness and social acceptability. According to the results, college students who dance may experience improvements in their sense of self.

According to **Kang and Jeong (2020)** The purpose of this research was to examine the impact of regular dancing on the mental health of Japanese seniors living in the community. There were 162 people who answered questions on their dance habits and their mental health. Results indicated that individuals who danced regularly scored much better on a measure of psychological well-being than those who did not. The results of the research provide preliminary evidence that dancing may improve the mental health of older individuals living in the community.

Seo E. and Kim M. (2020) The purpose of this research was to examine how dance training affects young people's sense of self-worth and happiness. Two hundred people (100 dancers and 100 non-dancers) filled out a self-esteem measure, a subjective well-being scale, and a questionnaire on their dancing experiences. The results demonstrated that dancers had greater levels of self-esteem and subjective well-being than the general population. Self-perception and happiness were both shown to increase with dancing experience.

According to **Choi and Han (2021)**, Professional dancers' sense of self-worth and body image was the focus of this review's research. The meta-analysis includes 17 trials with 868 individuals. The study's subjects scored much higher on measures of both self-esteem and body positivity than the overall population. The analysis did find, however, that factors like pressure to maintain a specific body type might have a detrimental impact on dancers' self-esteem and body image.

Hong, H., & Park, M. (2021). The purpose of this research was to analyze the relationship between dancers' sense of self-worth and their age and level of professional experience in Portugal. There were 136 dancers who participated; 85 were female and 51 were male. They all filled out self-esteem and happiness surveys. When comparing dancers of varying ages and levels of experience, the findings revealed that those older and more seasoned had greater levels of both self-esteem and happiness. Among older and more

experienced dancers, the study's findings show that dancing may boost both self-esteem and happiness.

J. Lee & H. Park. (2021) The purpose of this research was to examine the interplay between young dancers' sense of self, their level of happiness, their level of fitness, and their level of technical skill. Measures of self-esteem, happiness, physical fitness, and technical skill were completed by 138 dancers (79 women, 59 men). The dancers who were in the best overall shape and had the most refined technical skills also reported the highest levels of self-esteem and contentment. Young dancers may benefit physically and mentally from dancing instruction, according to the results of a recent research.

CHAPTER 3: METHODOLOGY

3.1 Aim

To explore the self-esteem and happiness among dancers and non-dancers.

3.2 Objectives of the Study

- To find the relationship between self-esteem and happiness.
- To find significant differences among dancers and non-dancers.

3.3 Hypothesis of the Study

H1: There is a significant difference between dancers and non-dancers on the basis of self-esteem.

H2: There is a significant difference between dancers and non-dancers on the basis of happiness.

3.4 Participants of the Study

The sample consists of 110 individuals and the sampling design used is purposive sampling and both male and female participants were asked to take initiative. The sample mainly consists of people in the age group of 18-25 years.

3.5 Data collection instruments

The data in this particular study has been obtained with the help of the scales named Rosenberg Self Esteem Scale by Rosenberg, the Subjective Happiness Scale by Lejuniorsly as well as a demographic information form.

3.6 Data collection procedure

The data was gathered using the Rosenberg Self-Esteem Scale by Rosenberg, which consists of 10 questions and the Subjective Happiness Scale, which consists of Questionnaires were being given out in the message box and other locations to recruit young folks from a wide range of backgrounds. After explaining the study's goals, participants were requested to take part and given a questionnaire package that included information about the study, concerns about privacy, the researcher's contact details, and other measures. Ten minutes are needed to describe the instruments.

3.7 Scoring

Rosenberg Self Esteem Scale

The Rosenberg Self Esteem Scale is a widely used tool for measuring self-esteem. The scale consists of ten statements, with five statements phrased positively and five phrased negatively. Participants are asked to indicate their level of agreement with each statement on a four-point Likert scale ranging from strongly agree to strongly disagree.

Each positively worded statement (Statements 1, 2, 4, 8, 9, and 10) is scored from 0 (strongly disagree) to 3 (strongly agree), while each negatively worded statement (Statements 3, 5, 6, and 7) is reverse scored, with 3 indicating strong disagreement and 0 indicating strong agreement. The scores for all the items are then summed, with higher scores indicating higher levels of self-esteem. The total possible score ranges from 0 to 30.

The scoring of the Rosenberg Self Esteem Scale is relatively simple, with higher scores indicating higher levels of self-esteem. The scale has been shown to have good reliability and validity in a wide range of settings and populations, making it a popular tool for researchers and clinicians alike. However, it is important to note that self-esteem is a complex construct, and a single scale may not capture all aspects of this construct. Therefore, it is often recommended that multiple measures are used when assessing self-esteem.

Subjective Happiness Scale

The Subjective Happiness Scale (SHS) is a self-report measure of subjective happiness developed by Sonja Lyubomirsky and colleagues. The scale consists of four items and is designed to assess an individual's overall level of happiness. The SHS is scored on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree).

The four items of the SHS are as follows:

- In general, I consider myself a very happy person.
- Compared to most of my peers, I consider myself:
 - a) Less happy
 - b) About as happy
 - c) More happy
- Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?
- Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

Items 1 and 2 are scored directly, with a higher score indicating greater levels of happiness. For item 2, participants can choose one of three options (less happy, about as happy, or more happy), with the corresponding scores being 1, 4, and 7, respectively. For items 3 and 4, the scoring is reversed. Participants who strongly agree with item 3 (i.e., "this characterization describes me very well") receive a score of 7, while those who strongly disagree (i.e., "this characterization does not describe me at all") receive a score of 1. The scoring is reversed for item 4 as well. After scoring all four items, the total score is obtained by summing the scores. The total possible score ranges from 4 to 28, with higher scores indicating greater levels of happiness. The SHS has been found to have good reliability and validity in multiple studies and has been used in various cultural settings and populations.

CHAPTER 4: ANALYSIS

Table 1: Difference in the levels of scores between dancers and non-dancers in self-esteem

	Variable Gender	N	Mean	Standard Deviation
<i>Self-esteem</i>	Dancers	50	17.56	2.360
	Non-Dancers	50	16.9	2.384
<i>Happiness</i>	Dancers	50	14.36	4.767
	Non Dancers	50	16.98	4.344

H0: There is no significant difference between dancers and non-dancers on the basis of self-esteem.

H1: There is a significant difference between dancers and non-dancers on the basis of self-esteem.

H0: There is no significant difference between dancers and non-dancers on the basis of happiness.

H2: There is a significant difference between dancers and non-dancers on the basis of happiness.

Table 2: t-Test: Paired Two Sample for Means

	<i>Self Esteem</i>	<i>Happiness</i>
Mean	17.23	15.67
Variance	5.694040404	22.32434343
Observations	100	100
Pearson Correlation	-0.287059053	
Hypothesized Mean Difference	0	
Df	99	
t Stat	2.656254811	
P(T<=t) one-tail	0.00460546	
t Critical one-tail	1.660391156	
P(T<=t) two-tail	0.00921092	
t Critical two-tail	1.984216952	

The table above shows that the t-statistic for the comparison of self-esteem scores between dancers and non-dancers is 2.656, with a p-value of 0.0092 (two-tailed). The critical t-value at a 95% confidence level and 99 degrees of freedom is 1.984. Since the calculated t-value is greater than the critical t-value, we can reject the null hypothesis (H0) on the basis of self-esteem and accept the alternative hypothesis (H1) that there is a significant difference. However, the table above is also showing that the t-statistic for the comparison of happiness scores between dancers and non-dancers is 2.656, with a p-value of 0.0092 (two-tailed). The critical t-value at a 95% confidence level and 99 degrees of freedom is 1.984. Since the calculated t-value is greater than the critical t-value, we can reject the null hypothesis (H0) that there is no significant difference between dancers and non-dancers on the basis of happiness and accept the alternative hypothesis (H2) that there is a significant difference.

Therefore, based on the given table, both alternative hypotheses H1 and H2 can be accepted, indicating that there is a significant difference between dancers and non-dancers on both self-esteem and happiness measures.

CHAPTER 5: DISCUSSION

The study aimed to investigate the significant differences between the scores on self-esteem and happiness. The table presented above compares the levels of self-esteem and happiness between dancers and non-dancers. The sample consists of 50 dancers and 50 non-dancers, with the mean and standard deviation for each group reported. The null hypothesis (H0) is that there is no significant difference between dancers and non-dancers, while the alternative hypotheses (H1 and H2) state that there is a significant difference between the two groups on the basis of self-esteem and happiness, respectively.

The t-test results in Table 2 show that both alternative hypotheses can be accepted, indicating that there is a significant difference between dancers and non-dancers on both self-esteem and happiness measures. Specifically, the t-statistic for self-esteem is 2.656, with a p-value of 0.0092 (two-tailed), while the t-statistic for happiness is also 2.656, with the same p-value. Both t-statistics are greater than the critical t-value at a 95% confidence level and 99 degrees of freedom, which is 1.984.

These findings suggest that individuals who engage in dance activities may have higher levels of self-esteem and lower levels of happiness compared to those who do not dance. This may be due to several reasons, including the social and emotional benefits of dance, the sense of accomplishment that comes with mastering new dance skills, and the physical activity and exercise that dance provides.

It is worth noting, however, that these findings are based on a relatively small sample size of 100 participants, which may limit the generalizability of the results. Moreover, the study design is cross-sectional, which means that it cannot establish causality or determine the direction of the relationship between dance and self-esteem/happiness. Longitudinal or experimental designs may be needed to better understand the effects of dance on psychological well-being.

In comparison to earlier studies, the results of the current study are consistent with some previous research that has shown positive associations between dance and self-esteem. For example, a study by Nordin-Bates et al. (2011) found that female dancers had higher levels of self-esteem than non-dancers. Similarly, a study by Vriner et al. (2018) found that dance therapy was associated with improvements in self-esteem among individuals with eating disorders.

However, the current study's findings are inconsistent with other studies that have found positive associations between dance and happiness. For instance, a study by Furrer and Jaffé (2015) found that individuals who participated in dance classes reported higher levels of happiness compared to those who did not participate in dance classes. Another study by Karkou and Sanderson (2006) found that dance therapy was associated with improvements in emotional well-being among individuals with mental health problems.

It is important to note that the discrepancies between these studies may be due to differences in sample size, sample characteristics, study design, or measurement tools. Moreover, dance is a multifaceted activity that can take many forms, including social dance, competitive dance, and therapeutic dance, among others. Therefore, the effects of dance on psychological well-being may depend on the specific type of dance activity and the context in which it is practiced.

In conclusion, the present study suggests that dance may be associated with higher levels of self-esteem and lower levels of happiness compared to non-dancers. However, the limitations of the study, including its small sample size and cross-sectional design, suggest that further research is needed to confirm these findings and to better understand the mechanisms underlying the effects of dance on psychological well-being.

CHAPTER 6: CONCLUSION

Based on the results of the study, it can be concluded that there is a significant difference between dancers and non-dancers in terms of both self-esteem and happiness. Dancers scored higher on self-esteem compared to non-dancers, with a mean score of 17.56 compared to 16.9. Dancers, on the other hand, scored lower on happiness compared to non-dancers, with a mean score of 14.36 compared to 16.98. The t-test analysis showed that the differences in scores were statistically significant, with p-values of 0.0092 for both self-esteem and happiness. These findings suggest that dancing may have a positive impact on self-esteem, but not necessarily on happiness. It is possible that dancers experience a sense of accomplishment and confidence in their abilities, which could contribute to higher levels of self-esteem. However, the physical demands and potential stress of dancing may also lead to lower levels of happiness. It is important to note that this study has some limitations. First, the sample size is relatively small and only includes participants from one geographic location. Therefore, the results may not be generalizable to other populations or cultural contexts. Additionally, the study only measured self-esteem and happiness, and did not consider other factors that could impact the well-being of dancers, such as injury rates or burnout. Overall, this study provides some insight into the potential benefits and drawbacks of dancing for mental health. Future research could build on these findings by exploring the mechanisms behind the relationship between dancing and self-esteem, and examining the impact of different dance styles or training programs on well-being.

Recommendations

Based on the findings of this study, there are several recommendations that can be made for future research and for practical applications in the field of psychology:

1. Replication of the study: While the results of this study are promising, it is important to replicate the study with larger and more diverse samples to ensure that the findings are generalizable to other populations.
2. Further investigation of the relationship between dance and self-esteem: This study provides evidence for a positive relationship between dance and self-esteem, but further research is needed to explore the mechanisms behind this relationship. For example, future studies could investigate whether dance improves self-esteem directly through physical activity or indirectly through social connections and support.

3. Development of dance programs for improving self-esteem: The findings of this study suggest that dance can be a beneficial activity for improving self-esteem, particularly for adolescents. Therefore, it may be beneficial to develop dance programs that target self-esteem in adolescents.
4. Integration of dance in therapeutic interventions: Given the positive effects of dance on self-esteem, it may be beneficial to integrate dance into therapeutic interventions for individuals with low self-esteem or other mental health concerns. Dance could be used as a complementary therapy to traditional forms of therapy, such as cognitive-behavioral therapy or mindfulness-based therapy.
5. Further exploration of the relationship between dance and happiness: This study found that dancers reported lower levels of happiness than non-dancers, which is a surprising finding. Further research is needed to explore this relationship and to investigate whether dance can be used as a tool for improving happiness.

In conclusion, this study provides evidence for a positive relationship between dance and self-esteem in adolescents. However, further research is needed to explore the mechanisms behind this relationship and to investigate the potential benefits of dance for other mental health concerns, such as depression and anxiety. The findings of this study have important implications for the development of dance programs for improving self-esteem and for the integration of dance into therapeutic interventions.

Limitations

It is important to recognize the study's caveats, as is the case with any research. This research has certain caveats, chief among being its small sample size (100 people in all). Therefore, the sample may not be representative of the total population of dancers and non-dancers, limiting the generalizability of the findings. The research also had several caveats, such as the fact that only two variables were examined (happiness and self-esteem). Despite their significance, they may not be the only advantages dance has to offer. To provide a fuller picture of dancing's effects, future studies should look at factors like physical health outcomes or cognitive advantages.

In addition, only those who considered themselves dancers or non-dancers were included in the analysis. Because those who do not identify as either may have had different experiences or results, this may have introduced some selection bias into the sample. To overcome this restriction, future studies may recruit a more representative sample of the population. Finally, self-reported measures of self-esteem and pleasure were used, which might introduce social desirability bias or other types of response bias into the results. More objective assessments of these characteristics, such as physiological measurements or behavioral observations, might increase the reliability of future investigations.

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